



Transitions-Mental Health Association  
 Paso Robles Wellness Center Services

# September 2017



WELLNESS • RECOVERY • RESILIENCE

Tuesdays	Thursdays
<p style="text-align: center;">2:30-3:30 pm</p> <p style="text-align: center;">Inner Calm Guided Meditation Class</p>	<p style="text-align: center;">4:00-5:00 pm</p> <p style="text-align: center;">Living Mentally Well Support Group</p>

Transitions-  
Mental Health  
Association  
  
Paso Robles  
Wellness Center  
Services



## Inner Calm

*A Guided Meditation Class*

*Inner Calm*  
 is a guided meditation class  
 to help find your inner calm,  
 ground your thoughts, and  
 bring you peace for the day!  
*Open to anyone working on  
 their mental wellness*

Starting May 2, 2017  
 Classes offered  
 Every Tuesday  
 2:30-3:30pm  
 At 1030 Vine Street,  
 Paso Robles, California  
 (RISE Building)  
 For more information contact  
 Meghan Madsen, [mmadsen@t-mha.org](mailto:mmadsen@t-mha.org)  
 805-503-0350



### Paso Robles Support Group

Topics Covered.

- Coping Skills
- Dealing with Triggers
- Living w/ Depression
- Conquering Anxiety
- Self-Empowerment
- Mindfulness in Recovery
- Managing Moods
- General Mental Health
- Many more.....



### Living Mentally Well Support Group

Meets Weekly

Thursdays

4:00-5:00pm

Location:

1030 Vine Street

Paso Robles, Ca.

Contact:

Justin Burke

Phone: 805-464-0512

email:

[jburke@t-mha.org](mailto:jburke@t-mha.org)

Facilitated by TMHA