



Transitions-Mental Health Association
Paso Robles Wellness Center Services

November 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

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

Facilitated by TMHA