



Transitions-Mental Health Association
Paso Robles Wellness Center Services

May 2017

1030 Vine Street, Paso Robles
(RISE Building) Contact 805-503-0350



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>

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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