



MINDFULNESS GROUP

TUESDAYS

12.30PM – 1.30PM

LUNCH PROVIDED

ABORIGINAL COMMUNITY CONNECT – 196 PROSPECT ROAD, PROSPECT SA 5082

Come & learn some simple mindfulness skills. Mindfulness can help you relax, stay in the present and get to know how your thoughts and feelings work.

A free group provided by Uniting Communities- Aboriginal Community Connect and The ACT Centre.

A skills-based group where there is no expectation for you to talk about your story.

If you would like any further information please contact Keyvan Abak on (08) 8344 6054 or via email on KeyvanA@unitingcommunities.org