

# Mindfulness Workshop For Youth

(7-16 years old)

*\*Free workshop for residents of Nepean who were affected by the tornado*



**Facilitator: Rebecca Lira, Educator**

**Thursdays (4 sessions)**

**May 16, 23, 30 & June 6**

**6:30-7:45pm**

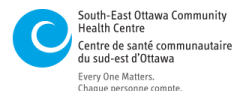
**Craig Henry Community Building**

**135 Craig Henry Dr.**

**Register at: <https://www.mindfulness-rocks.com/chca.html>**



**For more information, please contact Rebecca at [mindfulnessrocks1@gmail.com](mailto:mindfulnessrocks1@gmail.com)**



**For more information about tornado relief services at NROCRC, please call 613-596-5626 or email [info@nrocr.org](mailto:info@nrocr.org)**