

Mindful Living Practice Classes

For people who have previous mindfulness training,
and have taken courses such as:

- Mindful Living
- DBT

Where



**1672 East 10th Ave @
Commercial Drive**

When: Tuesdays 1:30 – 3:00 pm as follows:

Nov 2, Dec 7, 2010

Jan 4, Feb 1, 2010

To attend, please contact:

Northeast MH Team – Tom Heah @ 604.675.3890

Community Link Program – Deborah Simpson @ 604.675.2989