



# Intro to Mindfulness for Female Survivors of Trauma

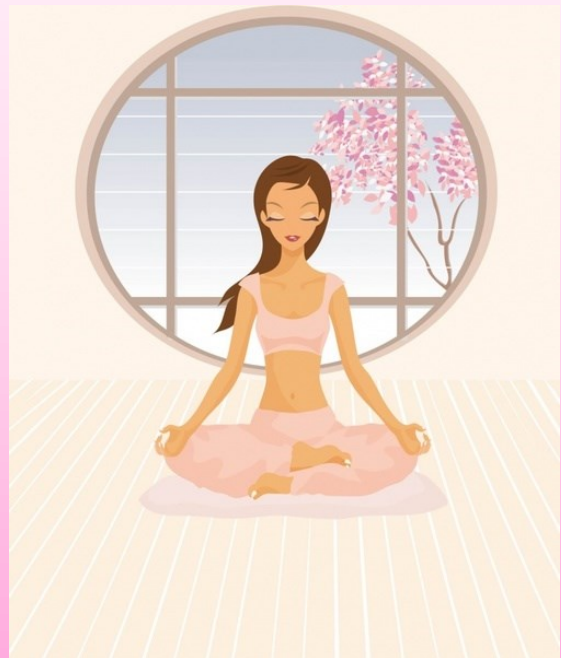
---

An introductory mindfulness meditation group to help women struggling with trauma-related stress.

Using meditation and breathing exercises, women will regain hope and learn to live mindfully.

**Topics Covered:** Mindful Walking, Mindful Movement, Mindful Sitting, and more.

Yoga mats will be provided but you are welcome to bring your own.



Please join us for mindfulness meditation and open discussion twice a month starting in June for 8 sessions.

For more information or to RSVP, call  
(313) 964-9701

Where: WC SAFE  
2727 2nd Avenue  
Detroit, MI

When: Starting June 5, 2017 from  
3pm-5pm  
2x/month

Cost: Free