



# Intro to Mindfulness for Female Survivors of Trauma

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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.

Join us for mindful discussions followed by meditation and movement exercises, such as mindful walking, mindful stretching, mindful sitting/lying.

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



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

Where: WC SAFE  
2727 2nd Avenue  
Detroit, MI

When: Monthly  
on the First Thursday of the Month  
from 4-5pm

Starting: November 2nd