

mindfulness *Group*



**EVERY WEDNESDAY
10:30AM - 11:30AM
VIA ZOOM**

**CALL: (301) 715-8592
MEETING ID: 882 0288-9604**

**Mindfulness group is for those who
self-identify as someone living with or
recovering from substance abuse, mental
health and trauma.**



Peer Recovery Drop in Center



THE CITY OF
NORFOLK