

EVERY WEDNESDAY FOR 45 MINUTES AT QUIHN BOWEN HILLS

MINDFULNESS GROUP



LEARN TO MANAGE FEELINGS AND THOUGHTS WITH THE
LIFELONG SKILL OF EVERYDAY MINDFULNESS

OPEN GROUP EVERYONE IS WELCOME

Every Wednesday
of 2022 from 3.30 - 4.15PM

1 Hamilton Place, Bowen Hills
4006

Call 1800 172 076 | 3620 8111
or visit quihn.org for more
information

QuiHN is a SPER Hardship partner

Talk to our staff about how you can pay off your SPER debt by attending our groups

