

———— *Please Join Us* ————

VIRTUAL MINDFULNESS SUPPORT GROUP

NOW ONLINE VIA ZOOM



Virtual Mindfulness Support Group at DCRC

Join this support group virtually via Zoom! Mindfulness is an accepting and non-judgmental awareness of one's emotions, thoughts, and present circumstances. It is about opening to the moment and staying present.

Learn the wisdom of ancient practices around meditation and how to live more in the present. Learn how to leave the past in the past- where it belongs and not worry about the future. Practice the art of viewing your thoughts in a nonjudgmental manner while being kind to yourself.

To join, please email Richard at richard@dcrc.co or contact us at (310) 390-3611 and ask for Richard at extension 257.

Join Us:

Fridays
11:00 am- 12:00 pm
Online via Zoom

You can download Zoom for free at <https://zoom.us/download> or get the Zoom app on the App Store or the Google Play Store on your respective smart device. There is also an option to call in with your phone. You can email or call Richard for more information.