

You're invited to our new...



# Mindful Minis



## **Parent & Child Psychoeducation Groups**

Designed to build mindfulness and wellness skills while having fun and bonding together!

**Thursday, January 9 & 23 | 5:30pm - 7pm**  
**@ Red Bird Mental Health Wilkes-Barre office**

Groups will run the 2nd and 4th Thursday evenings every month, you do not need to be at every group to attend!

\*This group is not therapy. If you or a loved one are in need of therapy, RBMH can provide an assessment outside of this group.



**Hosted by Samantha Wielgopolski,  
MS, LPC, NCC | Mindful Mama**

\$30 to attend (one child & adult pair)  
Call to sign up - (570) 606-1888