

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, February 13 & 27 | 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