

# MINDFUL WARRIOR PROJECT



join us for our seasonally appropriate  
workshop (& refreshments):

## Mindfulness Tools for Triumphant Over our personal Masks, Ghosts, & Monsters

~ NOT a kids' event ~  
genuinely important conversation  
& empowering skills  
addressing real challenges



**Sunday, October 27th - 4-6pm**

Chapel Room

Brentwood Presbyterian Church

12000 San Vicente Blvd, Los Angeles 90049  
(at Bundy ~ in Brentwood)