

MINDFUL VETERAN PROJECT



Join us for a special Wellness Wednesday
free VIRTUAL event

Exploring Through Writing

Wednesday
July 29th
2020

3:00 - 4:15PM

<https://us02web.zoom.us/j/85355200009>

meeting ID# 853 5520 0009

one tap mobile: +16699006833,,85355200009# US

no writing skill or prior experience needed
~ with a bit of guidance & a prompt,
we'll see what we have to express ~
in a safe, non-judgmental, confidential group
writing will not be posted anywhere
(unless you decide you want us to showcase you!)



info@mindfulveteranproject.org
818.616.2931