

# MINDFUL WARRIOR PROJECT



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

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

~ NOT for kids ~  
genuinely important conversation  
& empowering skills  
addressing real challenges



**Sunday, October 28th - 4-6pm**

Rm 121, Education Building  
Brentwood Presbyterian Church  
12000 San Vicente Blvd, Los Angeles 90049  
(at Bundy ~ in Brentwood)