

DSS & SDSS PACs Present...

Feeling Stressed,
Anxious, Depressed?

**THE
MINDFUL
TEEN
TALK
SAT.
NOV. 9
7-8:30 PM**

WITH DR.
DZUNG VO,
TEEN
MINDFULNESS
EXPERT

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DELTA MANOR EDUCATION CENTRE, LADNER
FREE WITH REGISTRATION
WHAT IS MINDFULNESS? WHAT CAN IT DO FOR ME?
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