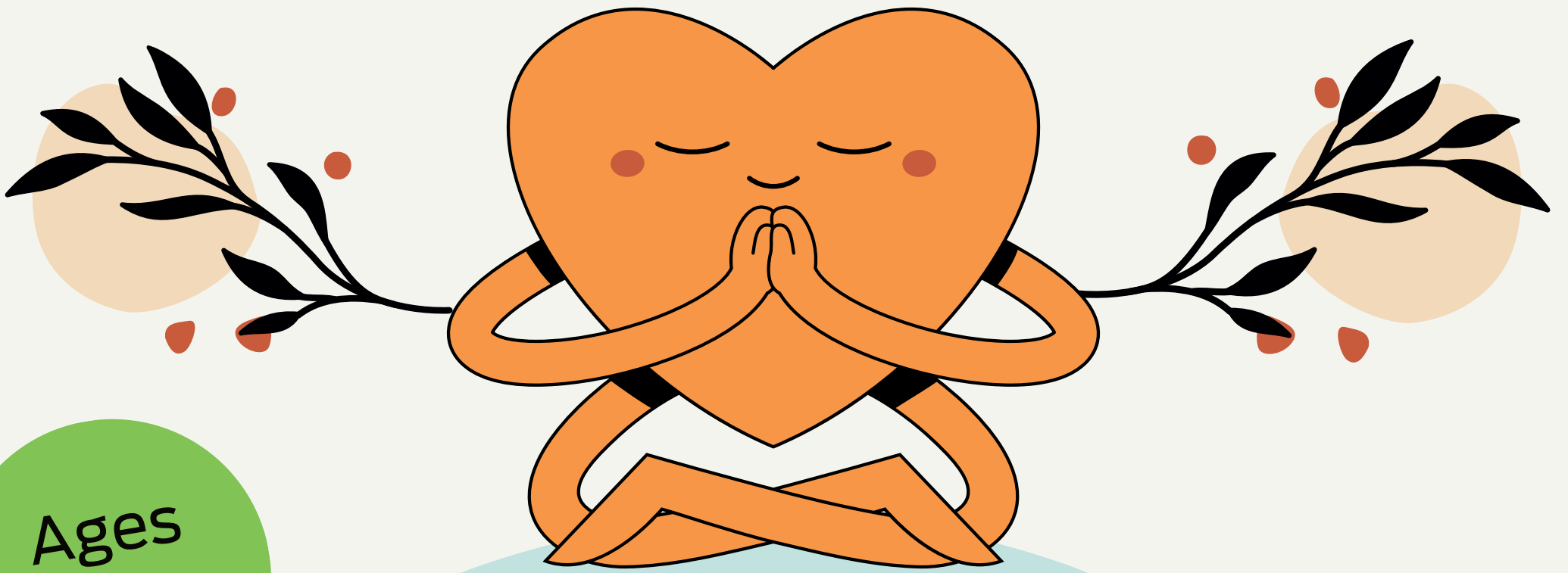


Guided Meditation



Ages
8-16

**Do you have someone in your life
living with mental health challenges?**

Come join Niki from HelpingMinds for a
mindfulness session to remind us of the
importance of looking after mental wellbeing.

Tuesday 14 May & Tuesday 28 May

3:00pm - 4:00pm

South Hedland Library

FREE
(Bookings are essential)

