

# MINDFULNESS

A NORFOLK PEER RECOVERY SERVICES GROUP

This group is for those who self-identify as someone currently living with or in recovery from mental health and/or substance use challenges.

**Wednesdays**

**10:30 AM - 11:30 AM**

CALL IN OR DOWNLOAD THE ZOOM APPLICATION

To call in, Dial 301-715-8592

Meeting ID: 882 0288 9604



**Call the Norfolk Warmline at 757-664-6683 with any questions**



Peer Recovery Drop in Center

THE CITY OF  
**NORFOLK**<sup>®</sup>  
COMMUNITY SERVICES BOARD