

# Music and Mindfulness



Do you love music?

Would you like to learn about how mindfulness and music can help you cope with day-to-day stress?

Music & Mindfulness is a safe, supportive group open to young people 15-25 years of age. No musical skills required and you don't have to perform. Just come listen to music with us and try some new stuff like mindful drawing, relaxation, journalling or song-writing.

Where: Knox Youth information Centre 2 Capital Boulevard Wantirna South

When: Thursdays 4.30-6.30pm for 6 weeks from 15th August to 19th September.

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