

# COMMUNITY CONVERSATIONS -on- EMOTIONAL WELL-BEING

May 10 | 2-4pm

## My Mind & Me: An Introductory Mindfulness Workshop for Youth

MJ Rwigema, School of Social Work

Location:  
The Spot  
(1 York Gate Blvd., 2nd Floor)

For more details, visit:  
<https://my-mind-and-me.eventbrite.ca>

Presented by York University School of Social Work's  
Global Local Community Engagement Committee and  
the following partners:

