

ENGLISH FOCUSING CHANGES GROUP

THIRD TUESDAY

EVERY MONTH

Kit, Nada and Patricia are pleased to invite you to a monthly English Focusing Changes Group to be held on the third Tuesday of every month 7 . 9:30pm.

Location: Belarôme, 6100 Monkland, Suite 200 in NDG (Monkland and Beaconsfield).

For information and rsvp:

Nada Lou	450-692-9333	nadalou@nadalou.com
Patricia Manessy	514-369-3003	pmanessy@hotmail.com
Kit Racette	514-968-0927	kit@amindfulmoment.com

Pre-requisite
You must
have some
experience of
Focusing.

FIRST MEETING
TUESDAY
SEPTEMBER 20th
7PM TO 9.30 PM