



Lighthouse

Centre for study of mind and arts as therapy



FOR INDIVIDUALS WHO NEED
EMOTIONAL SUPPORT

FRI-SAT-SUN

**Self Care Fridays- we are
here to HEAR you**

**Mindful Saturdays - breath
work, simple guided
meditations and yoga**

**Fun Sundays - create and
explore through artistic
mediums**

**REGISTER ON
9987170023**