



Find your calm

**Feeling stressed,
unfocused, or disconnected?**

Pesach Tikvah's men's mindfulness and meditation group offers a calm space to slow down, reconnect, and breathe. Through guided meditations, mindfulness practices, and open conversation, we'll explore how to bring more presence, clarity, and emotional balance into everyday life.

Led by

— Solomon —
Weinreb, LMHC
Wed 7-8 PM

Join today

Contact Pessy
Neuwirth, MHC-LP

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929.525.2647

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Location
5309 18th Ave
Brooklyn, NY 11204

Most insurances accepted

Under the executive leadership of Yerachmiel Stern, LCSW

