



# 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

**Phone**  
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**Email**  
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**Location**  
5309 18th Ave  
Brooklyn, NY 11204

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