

# Mindful Moments *by CommunOT*

**Come as who you are.  
Leave as who you want to be.**

Mindful Moments is your chance  
to nurture your mental health & well-being  
while building community along the way.

**Tuesday, April 29th, 6-7pm**

**Tuesday, May 27th, 6-7pm**

**Tuesday, June 24th, 6-7pm**

**Skyline Hills Branch Library**

**7900 Paradise Valley Rd. San Diego, CA 92139**

# Mindful Moments

## Therapeutic Modalities

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Sensory Self-Regulation

Movement-Based Therapy

Meditation

Strategies for Coping

Breathwork

Sound-Based Therapy

Aromatherapy

Vagus Nerve Stimulation

Art-Based Therapy

Self-Reflection

Grounding Exercises