



Presents:

March's General Meeting

Thursday, March 3, 2011

6 – 7 PM

An informative meeting featuring Thomas Pope, MFT, Director of Lomi Psychotherapy Clinic and Lynn Campanario from Drug Abuse Alternative Centers (DAAC)

The Lomi Psychotherapy Clinic has offered out-patient mental health services for almost 25 years. Lomi will provide between 10,000-12,000 hours of care this year at our accessible downtown location. Lomi's work is based on integrating mindfulness into our work with people. Thomas Pope will talk briefly about what mindfulness is and how it can be easily incorporated into treatment and self-care.

DAAC is dedicated to improving the lives of individuals and families. The agency mission is Turning Lives Around by Providing Healthy Alternatives to Alcohol and other Drug Use. They have provided thousands of people the tools and guidance to live a healthy and sober life.

Refreshments will be available at the meeting. For a more information, please call or visit our website.

NAMI Sonoma County

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