

Settlement &  
Integration  
Program

## Meditation and Conversations for Newcomers

Tuesdays 10am - 11 am  
Burnaby Neighborhood House  
4460 Beresford Street, Burnaby

- No Drop-ins
- Registration Required



**Do you want to learn about meditation and practice your English? Come and join us!**

- Learn basic Meditation and Mindfulness skills
- Practice your English along with other participants.
- Network with other newcomers
- Learn self care skills

**August 20th - September 10th, 2024**

For more information or to register, please contact  
Miguel: [MiguelLL@burnabynh.ca](mailto:MiguelLL@burnabynh.ca)

**[WWW.BURNABYNH.CA](http://WWW.BURNABYNH.CA)**

*Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔ), Kwikwetlem (kwikwələm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.*



4460 Beresford Street  
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