

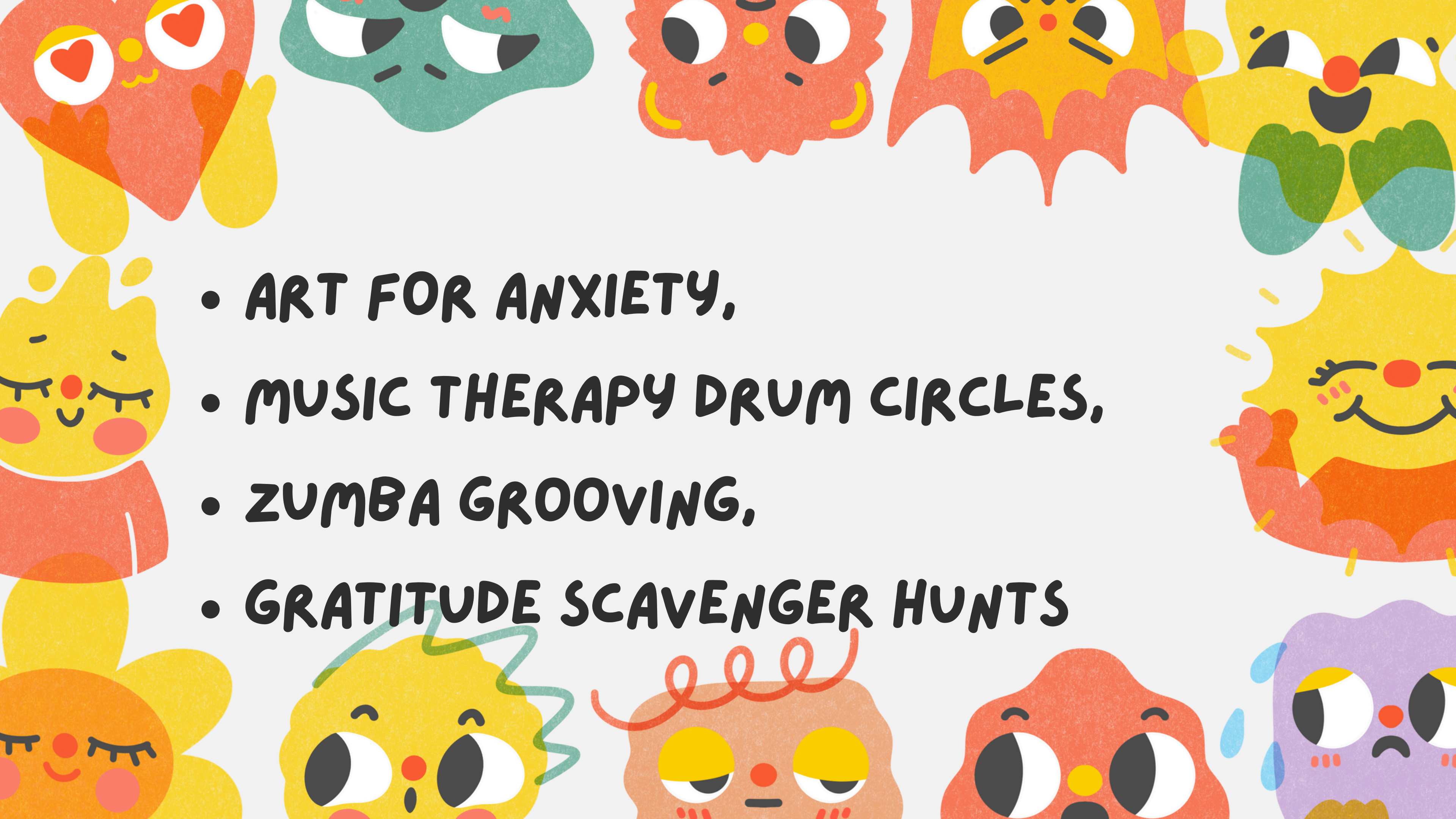


MIND MASTERS CLUB

A JOURNEY THROUGH YOUR OWN
PSYCHOLOGY



WHAT ALL CAN YOU EXPECT?

- 
- **ART FOR ANXIETY,**
 - **MUSIC THERAPY DRUM CIRCLES,**
 - **ZUMBA GROOVING,**
 - **GRATITUDE SCAVENGER HUNTS**



CREATING PAWS AND POSTERS:

- A. True Friends, True Respect (Peer Pressure)
- b. Make Time Work for You! (Time Management)
- c. Different is Beautiful (Inclusion)
- d. You Are Not Alone (Mental Health and Emotional Wellbeing)



FIELD WORK:

- NGO'S
- HERITAGE WALKS
- NATURE WALKS



WHY WILL YOU LOVE IT?

IT'S A VIBE:

Not clinical or preachy. Warm, fun, real, colourful and creative

IT'S INCLUSIVE:

For introverts and extroverts alike.

IT'S A SAFE SPACE:

No one's pretending here.

IT GROWS WITH THEM:

They can contribute ideas, lead events, and shape the club.

IT'S A COMMUNITY:

No pressure to "fix" anything—just to be.