

The Empowerment Clubhouse invites
you to join our...

Health & Wellness Program



Members engage in building positive connections with self and others by learning mindfulness, meditation, and yoga with our facilitators...

Benefiting from beautiful nature and serenity of clubhouse location, each session provides a sense of tranquility and peace.

Call us today! (415) 339-2843

“The Empowerment Clubhouse is a program supported by the County of Marin Behavioral Health and Recovery Services (BHRS) using Mental Health Services Act (MHSA) funding.”



WELLNESS • RECOVERY • RESILIENCE



www.marincitycdc.org/empowerment-clubhouse