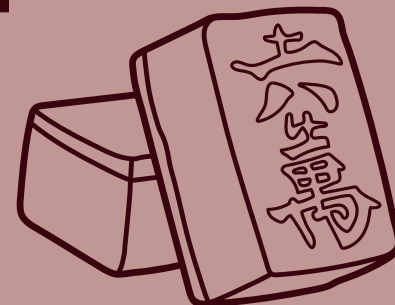


# MENTAL HEALTH & MAHJONG

*with Jenn Pinkerton & Lady Mahj*



Join us for a relaxed evening of play, connection, and mental wellness. Hosted by therapist Jenn Pinkerton and mahjong instructor Lady Mahj, this event invites you to slow down, build community, and experience the calming benefits of mindful play.

**TUESDAY | AUGUST 19<sup>TH</sup> | 5:30-8:30PM**

**6823 Northampton Way, Houston, TX 77055**

**BYOB | All Levels Welcome**

- New to Mahjong? Lady Mahj will offer a beginner-friendly lesson.
- Jenn will share a few words about the mental health benefits of connection, play, and rest.
- Have a mahjong set? Bring it and your 2025 card with you to help us set up more tables!
- A prize will be awarded to the player with the most wins!

*Space is limited – RSVP now!*

*To reserve your spot, visit our EventBrite page or email  
[admin@pinkertonpsychotherapy.com](mailto:admin@pinkertonpsychotherapy.com)*