



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 | OCTOBER 21 | 5:30-8:30PM

6823 Northampton Way, Houston, TX 77055

BYOB | All Levels Welcome

- Jenn will share a few words about the mental health benefits of connection, play, and rest.
- This event is best suited for players who have already played a few games of Mahjong and are still learning — it's not designed for absolute beginners.
- Have a mahjong set? Bring it and your 2025 card with you to help us set up more tables!

Space is limited – RSVP now!

*To reserve your spot, visit our EventBrite page or email
admin@pinkertonpsychotherapy.com*