
FREE SELF-CARE SKILLS GROUP

STARTING IN MAY | ONLINE ONLY

Have you...

- Experienced personal trauma (divorce, death, fire, abuse, combat experience, etc.)?

Are you...

- Curious about learning to better manage stress?
- Interested in learning how to incorporate mindfulness into your daily routine?

Connect with others and learn practical, healthy coping skills to deal with stress.

Participants will:

- Learn and practice evidence-based techniques (guided imagery, movement, meditation & drawing) as tools to improve resilience
- Improve self-care and stress management
- Experience the benefits of sharing in a safe, confidential small-group setting
- Explore the connection between chronic stress, trauma and emotional/physical health

Interested in attending?

Contact Caedy | caedy@empowertehama.org | 530-528-0300

Pre-registration required due to limited space. *There is no cost to participate.*