Resilience in Practice
Mind-Body Skills Group

Dates: Every Tuesday and Thursday, May 5th – May 28th
Times: 5:30pm to 7:30pm
Location: Zoom

Join us in the comfort of a small, supportive 8-session group and learn how to use a variety of mind-body based techniques for self-care and stress management, enhancing your resilience and self-awareness.

The group’s use of these techniques is evidence-based and includes guided imagery, biofeedback, movement, meditation, and art.

To sign up, contact Lynea Seiberlich-Wheeler at LyneaLCSW@gmail.com or Jackie Martine, your volunteer at PI
*Space is limited to 10 people.

The Sonoma Community Resilience Collaborative is a community-wide initiative to support long-term resilience and social connection throughout Sonoma County in partnership with the Center for Mind Body Medicine.
Get more information at srhealth.org/resilience
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Sonoma Community RESILIENCE Collaborative
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