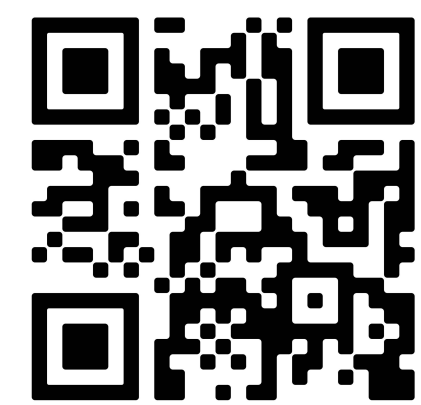


READY TO BE LESS STRESSED?

**Experienced burnout? Feeling overwhelmed?
Not feeling joy? Need to prioritize Self-care?
Relationships seem hard? Need support?
Having trouble managing stress?**

- FREE Group to community service providers.
- A confidential safe space to learn ways to cope.
- Cultivate greater inner peace, energy and happiness.
- Skills that you can use to reduce stress and anxiety.
- Effective and fun ways to empower your self-care.
- Navigate through life towards more joy.

**Join your peers to learn
EMPOWERING
Mind-Body
Skills!!**



SCAN ME

Healing begins here for more information:

www.socialworx.org/mb-interest

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* Multiple Mind-Body Skills Groups starting at various days & times *