



Mind-Body Skills Small Group

Tuesday Evenings, 6:30-8:30pm

May 14-July 2, 2019

FREE!

“I wish I had learned these skills thirty years ago.”

“I found the experience and comradery I gained from people facing the same issues essential to my recovery from this life-altering event.”

“My experience in the group has given me tools that have transformed the way I process stressful situations.”

-Testimonials from recent participants

Participants will:

- Learn and practice evidence-based techniques that can relieve stress and heal trauma
- Experience the benefits of coming together and sharing in a safe, confidential, small-group setting.
- Explore the connection between chronic stress, trauma and emotional/physical health.

This is NOT therapy, but an opportunity to connect with others and learn some practical, healthy coping skills for dealing with trauma and stress. While the process does include personal sharing, participants are in control of how and what they share.

Who should attend?

- Anyone that has experienced personal trauma (divorce, grief, fire, abuse, combat experience, etc.)
- Anyone curious about learning practical tools to better manage stress.
- Anyone feeling sad or overwhelmed by the recent wildfires.
- Anyone interested in learning how to incorporate mindfulness into their daily routine.

Want to learn more?

- Visit the Center for Mind Body Medicine website: www.cmbm.org
- Facilitator: Amy Cavalleri amyfindsthejoy@gmail.com

