

Friday Refresh

a resource for therapists



Put your self-care first this fall. **Come join us weekly for 45 minutes of contemplative practice** (e.g., gentle movement, guided meditation, resourcing and community building) that will leave you feeling grounded, soothed, and refreshed.

A group designed specifically for mental health clinicians, the practice aims to decrease vicarious traumatization and increase resilience, satisfaction, and joy in our work.

Experience being part of a community of healers who not only care for others, but for themselves and each other as well.

Led by Carryn Lund, LMSW, RYT and Sharon Gold-Steinberg, PhD, the group will provide weekly mind-body practices as well as resources for incorporating self-care and rituals into your routine.

Fridays from 1:15 – 2:00 pm, Phoenix Center, Downtown Ann Arbor.
September 9 - December 16 (no meeting the week of Thanksgiving).

For more info or to register call 734-996-9065 or 507-421-5235.

Dress comfortably. Bring a yoga mat or meditation cushion.

Cost: \$350 for a 14 week semester.

Come try a free pilot class on July 8 or July 29, 2016!