

Join us for 7 mini sessions of self-care topics for a 30-minute (max) weekly group activity and resource sharing via Zoom or hybrid format.

Mondays at 12:30 pm

Apr 18
Zoom

Taming Your Grief Monsters

Kimberli Phillips, PhD, LMSW
Alyssa Jenkins, LMSW

Apr 25
Hybrid

Work-Life Balance

Valerie Spanel, LPC

May 2
Hybrid

Yoga

Rynn Burkett, RYT500, TIYT

May 9
Zoom

Mindfulness

Miquela Smith

May 16
Zoom

Physical Exercise/Walk Across TX

Lizabeth Gresham

May 23
Zoom

**Managing Bad Habits &
Reestablishing Healthy Habits**

Lidia Dailey, LCDC

June 6
Hybrid

Resiliency

Lesley Webb, M.Ed., LPC

Register: <https://rebrand.ly/SelfCare22>

Self-Care Sessions