

# RAÍCES Y

ROOTS & WINGS

*Alas*

## WORKSHOP SCHEDULE

**2/26/26** The Four Elements and Four Pillars of Wellbeing

**2/28/26** Fire – Nourishing the Mind  
*Guest: **Rising Heartbeats, Drum Circle***

**3/5/26** Earth – Caring for the Body  
*Guest: **Irelia Ozaeta, Artisan Herbalist***

**3/7/26** Water – Healing the Soul  
*Guest: **Milagros Ruiz, Ceremonial Cacao Facilitator***

**3/12/26** Wind – Strengthening Community  
*Guest: **Martin Espino, Aztec Soundbath***

**3/14/26** Integrating the elements – Holistic Practices for Daily Life, *Guest: **Natalie and Ehiliana Guerrero, Art and Reiki Energy Healing Practices***

**3/19/26** Reflection and Celebration – Sharing Experiences, and Building Community Support

**LOCATTON:** Helpline Youth Counseling  
**14181 Telegraph Rd, Whittier, CA 90604**

**REGISTER :** Before February 22 Text or Call **562-384-9299** or email **info@resiliencesocialwork.com**