



Meditation

The Family Resource Center is now offering Weekly Meditation Series to individuals with a history of Adverse Childhood Experiences or Secondary Traumatic Stress.

Led by: Victoria Nolen Licensed Professional Counselor and Certified Yoga Instructor

- Become grounded in mind, body & spirit
- Develop a sense of safety, balance and well-being
- Find peace through self-regulation, self-soothing and self-care
- Transform your life by transforming your mind

**Start Date:
August 28th, 2023**

**Length of Series:
8 weeks**

**Method of Delivery:
10 Minute Pre-recorded Video**
Registered Participants will receive an email weekly with the video specific for that week in the series.

Registration Link

<https://forms.office.com/r/S8hw0aWXt5>