

Spring/Summer Classes

Join us!

April

Wellness Through Mindfulness & Meditation

Learn to achieve balance and relaxation while developing a healthy outlet for self-expression. Registration is required to attend.

Facilitator: Leslie Larsen, LCSW, ext. 14
Cost: \$10 per class
Dates: Tuesdays, Noon - 1 p.m.
April 3rd - 24th

June

Teen Summer Group: Balancing Friends, Family, and School

Are you a teen experiencing challenges balancing your hectic life? If so, this class is for you! We will focus on helping you rise to the challenges of your demanding life by introducing new coping skills and stress management techniques. Parental consent and registration is required to attend.

Facilitator: Emmy Crouter, MSW, ext. 13
Cost: No Charge
Dates: Tuesdays, Noon - 1 p.m.
June 5th - 26th

Building Healthy Relationships

This class will empower you to make needed changes in yourself that will help you attract healthier relationships in your life and transform toxic relationship dynamics.

Facilitator: Laura Gutierrez, MA, ext. 12
Cost: \$10 per class
Dates: Thursdays, Noon - 1:30 p.m.
June 7th - 28th