

Mindful Mondays

LEARN SELF-REGULATION
SKILLS FOR MANAGING STRESS

PRACTICE INCLUSIVE
TRAUMA-SENSITIVE
STRATEGIES

IN SUPPORTIVE
COMMUNITY

Mondays 5/6-5/20

12:15-12:45

via zoom



ENGAGE.LEARN.GROW.

Taught by Mindful Leader
certified workplace
mindfulness facilitator, Cholee Gladney

