

MAY is MENTAL HEALTH AWARENESS MONTH

“Express and De-Stress” Virtual Groups

Join our virtual groups and learn healthy strategies to relax, unwind and manage stress.

Group participation is free!! **Suggested donation of any amount to benefit NAMI** (National Alliance of Mental Illness) - <https://donate.nami.org/fundraiser/3247549>

“**Just Breathe**” - take a nice deep breathe! Join our virtual wellness group as we focus on various relaxation techniques. This group will incorporate deep breathing, grounding exercises & movement as a practical way to express & de-stress. Facilitated by Eren Moore, MSW, LCSW - **TUESDAY, May 25th at 7pm**

“**More than Words**” - Peace. Joy. Tranquility. What word or quote gives you a calm or relaxed feeling? Join us on a virtual wellness journey where we will explore the powerful impact of positive words. This group will incorporate positive self-talk, self-motivation & inspirational messages as a creative way to express & de-stress.

Facilitated by Ericka Norris, MSW, LSW - **WEDNESDAY, May 26th at 7pm**

“**Mental Vacay**” -join this group to take a break from your regular day-to-day challenges by creating your own "mental vacation". This group will incorporate guided visualization, mindfulness, and artistic expression as a practical way to express & de-stress. Facilitated by Karen Jung, MSW, LCSW - **THURSDAY, May 27th at 7pm**

For more details and registration, contact us at therapist@creativefreedomcounselandconsult.com. Zoom link will be provided upon your registration. SPACE is LIMITED!

DONATE TO NAMI:

<https://donate.nami.org/fundraiser/3247549>

Groups are sponsored by

Creative Freedom Counseling & Consulting

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