Self-care and Stress Reduction
Zoom Group

- Explore mindfulness-based tools and strategies to help reduce stress
- Connect with others in a supportive, non-judgmental setting
- Learn about how to work with obstacles that can get in the way of self-care

Note: In order to participate in this group you must have access to a tablet, smart phone, computer, or telephone.

This group requires pre-registration, but once registered, attendance each week is optional.

Location: You home via the Zoom app
Start Date: This group is ongoing and can be joined at any time
Time: 1-2 pm

Led by Sally Olmsted, LICSW of the Wellness Collaborative
For more information or to register call Sally at 479-4083 or email: sally.olmsted@wcmhs.org

The Wellness Collaborative of Washington County Mental Health Services is dedicated to A Holistic Approach to Health and Wellness. Supporting Individuals through the Stress of Daily Life.