

# 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](mailto:sally.olmsted@wcmhs.org)