

# Self-Care Drop-In Center!

Tuesdays 9AM to 10AM, Thursdays 3PM to 4PM

Open Discussions & Crafts!

## Types of Self-Care

<b>Physical</b>  Sleep <b>Stretching</b> Walking Exercise <b>Nutrition</b> Yoga	<b>Emotional</b>  Stress Management <b>Coping Skills</b> Compassion <b>Therapy</b> Journaling	<b>Social</b>  <b>Boundaries</b> Support System <b>Positive</b> Social Media Communication <b>Friends</b>	<b>Spiritual</b>  Time Alone <b>Meditation</b> Prayer <b>Nature</b> Sacred Space
<b>Personal</b>  Hobbies Creativity <b>Goals</b> Identity <b>Authenticity</b>	<b>Space</b>  Safety <b>Healthy</b> Environment <b>Stability</b> Clean Space	<b>Financial</b>  Saving Budgeting <b>Money</b> Management Paying Bills <b>Boundaries</b>	<b>Work</b>  Time Management Work <b>Boundaries</b> Breaks Blessing Manifesting

Virtual Drop-In Center for those seeking information on ways to improve the way you take care of yourself every day!

Register for Tuesdays Here:  
<https://zoom.us/join/joinMeeting/register/tJlSd--rqD0rGtWpqHoNtNsOFrsz5qvQKMw>

Register for Thursdays Here:  
<https://zoom.us/join/joinMeeting/register/tJlSd--rqD0rGtWpqHoNtNsOFrsz5qvQKMw>

To ensure a great experience with an opportunity to get crafts mailed to you, please register at least a week in advance.

Sign Up Today

## Important Dates

Rethink Mental Illness.

- June 15th & June 17th—Physical Self-Care
- June 22nd & June 24th— Emotional Self-Care
- June 29th & July 1st—Social Self-Care
- July 6th & July 8th— Spiritual Self-Care
- July 13th & July 15th— Personal Self-Care
- July 20th & July 22nd—Space Self-Care
- July 27th & July 29th—Financial Self-Care

Sponsored By  
 Carbon Monroe Pike  
 Mental Health  
 & Developmental  
 Services



Hosted by Human  
 Resources Center Inc.

