#### **HELPING YOU BECOME A BETTER YOU!**

# Self-Care Drop-In Center!

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

**Open Discussions &** Crafts!

### Types of Self-Care



Sleep Stretching Walking Exercise Nutrition Yoga



Stress Management Coping Skills Compassion Therapy Journaling



Boundaries Support System Meditation Positive Social Media Communication Friends



Time Alone Prayer Nature Sacred Space

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/meeting/register/tJlsd --rqD0rGtWpqHoNtNsOFtrsz5qvQKMw

**Register for Thursdays Here:** 

https://zoom.us/meeting/register/tJlsd --raD0rGtWpqHoNtNsOFtrsz5avQKMw

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

#### Personal



Authenticity



Space





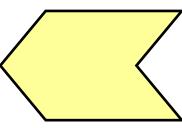


## Important Dates



July 27th & July 29th—Financial Self-Care





Sponsored By Carbon Monroe Pike Mental Health & Developmental Services



**Hosted by Human Resources Center Inc.** 

