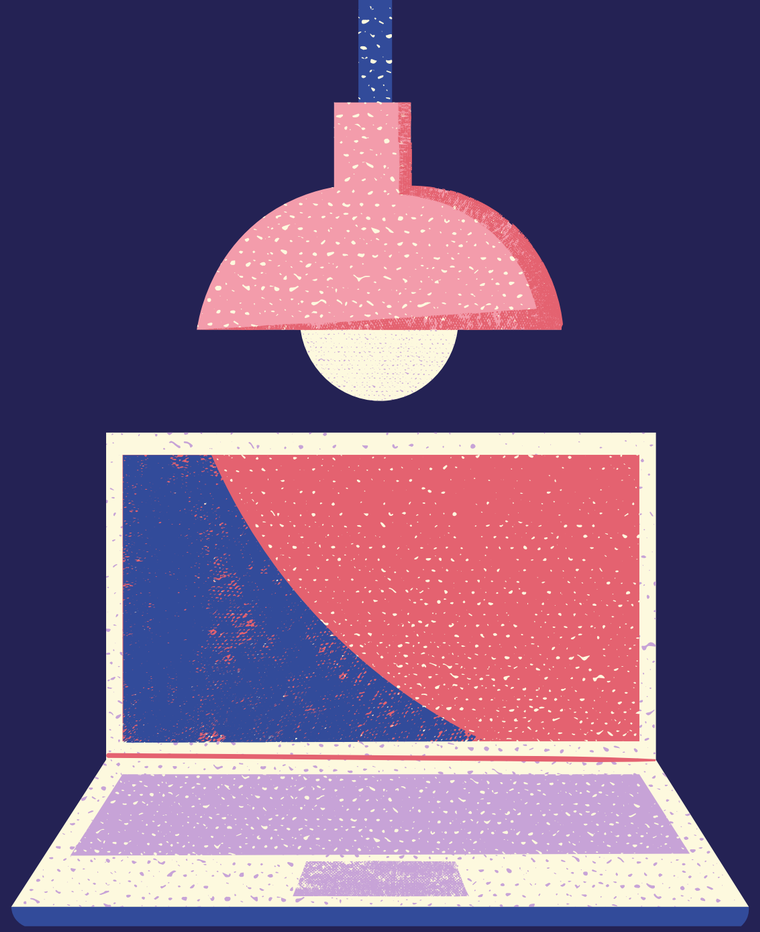
Online Wellness Sessions



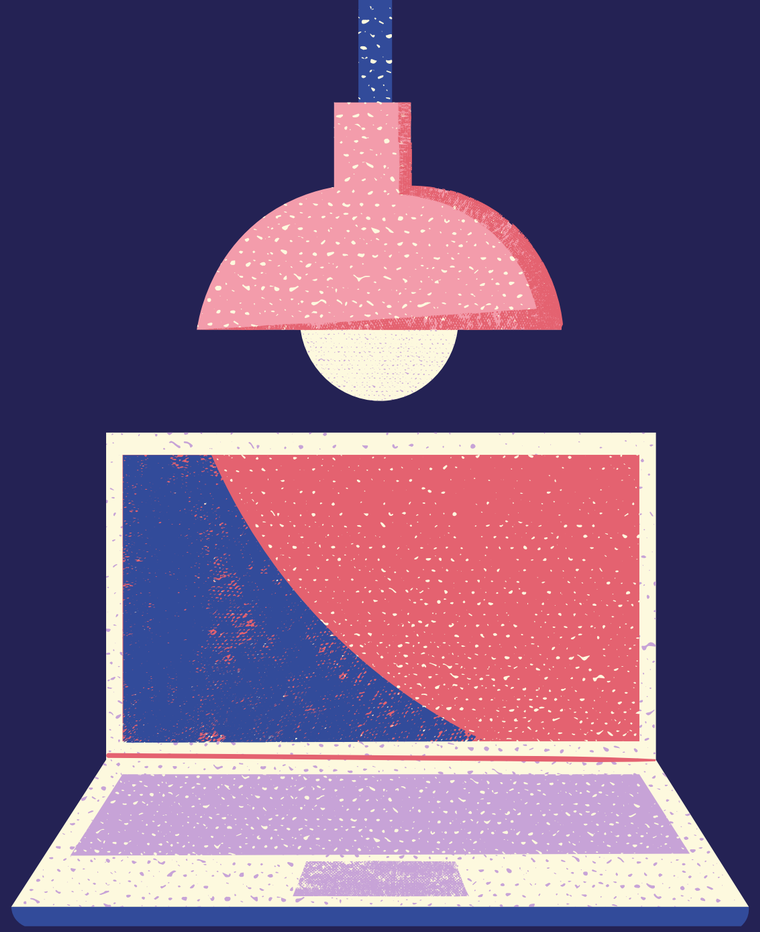
Join us for our free online wellness sessions.
Sessions are added weekly.

RSVP FOR A SESSION: TEXT 'STAY WELL' TO 31996

PROMOTING RESILIENCE DURING COVID-19
THURSDAY, APRIL 30TH | 7PM | 18 YEARS & OLDER

Learn to Problem-solve in creative ways and gain tips on maintaining your values and priorities during this time of quarantine.

Please bring the following items to this session:
Paper, Pen or Pencil



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Online Wellness Sessions

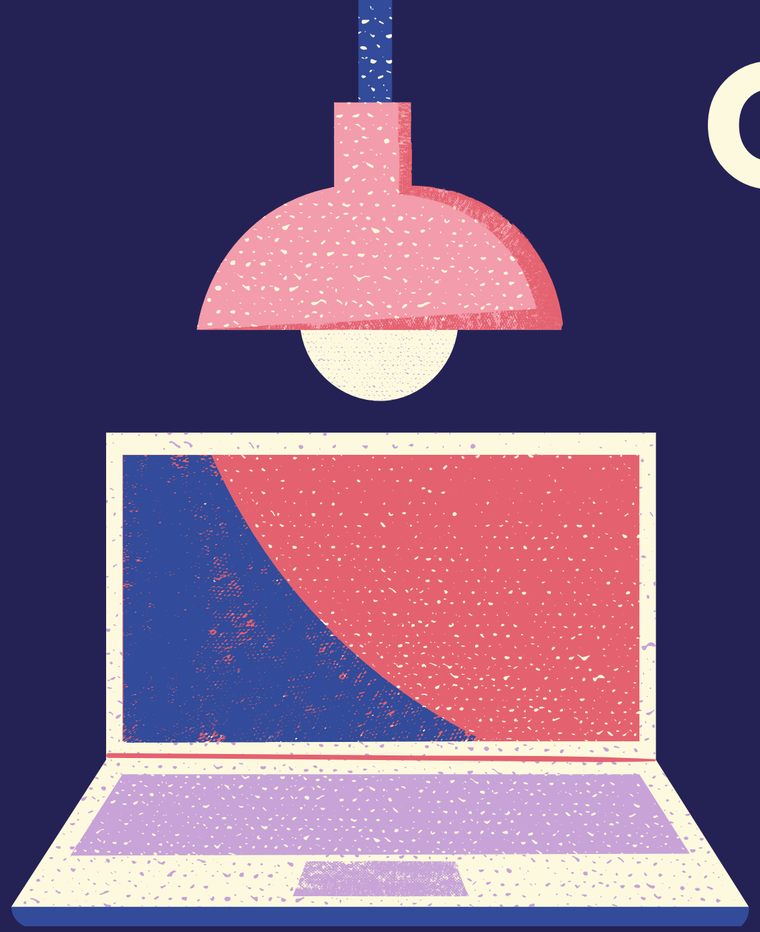
THIS PANDEMIC IS PERSONAL
THURSDAYS | 6PM | ALL AGES WELCOME

Are you overwhelmed, anxious, stressed and worried? Feeling like this is punishment for something? Why you? In this interactive session, we will discuss why God specifically chose us to experience such a time as this. We will reflect on the many reasons why God personally chose this moment in our lives to give us pause...

Please bring the following items to this session:

Notebook & Writing Tool

Online Wellness Sessions



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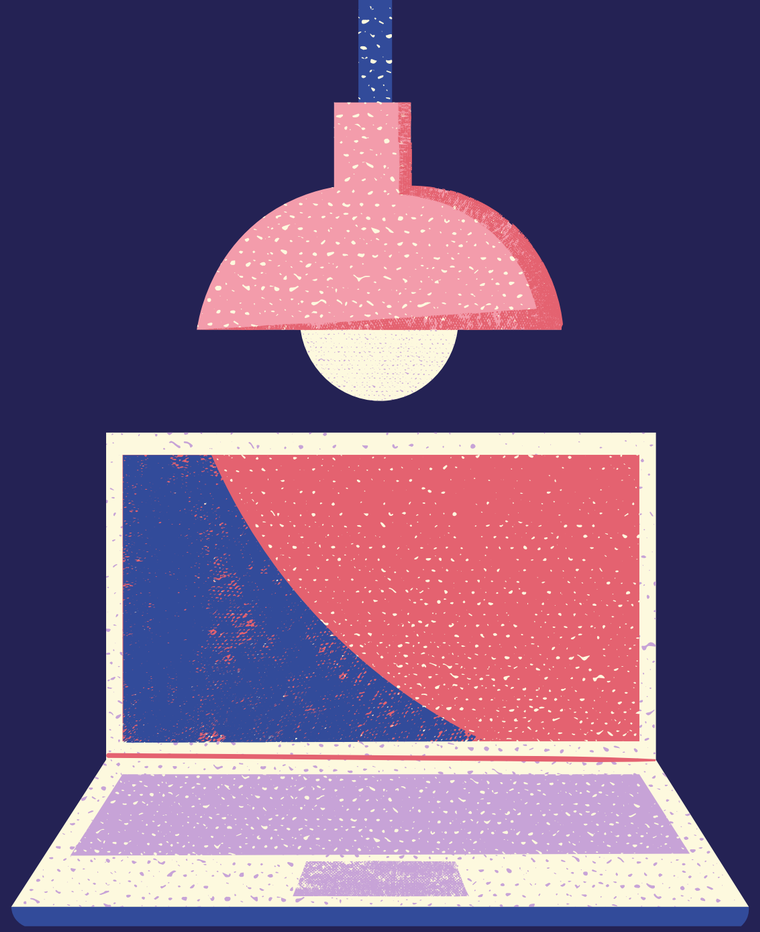
"ARE YOU OUT OF YOUR MIND?!" MINDFULNESS FOR KIDS

SATURDAYS | 1PM | 3RD-5TH GRADERS

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful means focusing your awareness on the present moment. In this session, we will explore mindful strategies to help your child(ren) during stressful times. We will discuss what mindfulness is, explore the benefits, and see mindfulness in play. Some benefits of practicing mindfulness include: improved immune function, increased concentration, anger management, reduced hyperactivity, and stress management.



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Online Wellness Sessions

MINDFULNESS FOR ADULTS

SATURDAYS | 12PM | 18 YEARS & OLDER

Hey Family! Join me as we focus our energy and ground ourselves: mind, body and spirit. With all that's going on, sometimes we need to just get together and BE! In this session, we will do just that through breathing, journaling, prayer, affirmations, conversation, etc.

Please bring the following items to this session:
Notebook/Journal, Writing Tool & Quiet Space