

TRANSFORMATION

HEALTH

RELATIONSHIPS

INSIGHT

VERSITILITY

EMPATHY



A virtual interactive group, focusing on self-care activities such as mindfulness, social supports, stress management, nutrition, sleep, routines, and more.

Group runs Friday afternoons from 1:30-3:00pm by Zoom.

Drop in! No registration required.

Topics	Dates			
Establishing Routines	June 5	July 31	September 25	November 20
Mindfulness	June 12	August 7	October 2	November 27
Sleep	June 19	August 14	October 9	December 4
Boundaries	June 26	August 21	October 16	December 11
Getting Connected	July 3	August 28	October 23	December 18
Self-Care	July 10	September 4	October 30	
Stress	July 17	September 11	November 6	
THRIVE Surprise – Topic TBD	July 24	September 18	November 13	

After 15 minutes of session starting, the group will be locked and you will not be able to join. If you miss a topic you want to see, join us on the next round.

Join over Zoom by clicking this link or enter into your web browser

<http://b.link/THRIVE>, joining by telephone, or scan the QR code with your phone.

Join by Telephone

(long distance may apply)

+1 587 328 1099

Meeting ID:

998 2549 7574

Password:

351986

Register for a free ZOOM account at www.zoom.us. You will require a registered account with Zoom in order to participate.

