



VIRTUAL BREATH and MINDFULNESS WORKSHOP

Every Mon, Wed, and Fri at 12 Noon

In this workshop we will practice deep breathing and connection with self, along with exploring mindfulness practices we can incorporate to stay in the moment as we move through our day. Engaging in this practice daily is a wonderful gift of self-care.



Via HIPAA - Compliant remote platform

Contact your healingSPACE clinician for further information.

Any survivors not getting services through healingSPACE should contact Alysa at aluna@ywcannj.org and include their contact information.

Program made possible by the Victim Assistance Grant through the NJ Office of the Attorney General.

