



SPIRITUAL ENGAGEMENT

Wellness | 18+ | 10am - 11am | Tuesdays | 3/5 to 8/27

Group leader: C Blanck



This group blends DBT mindfulness and other somatic practices to help members develop a deeper connection with the self and the world at large.

Participants will learn mindfulness skills, connect with others, practice contemplation, and establish balanced boundaries regarding, personal, spiritual, and societal stressors.

This is an open group that will meet weekly for 50 minutes for six months to start.

This group does not lean toward any specific religion, but rather encourages the involvement of each individual's connection with their environment and/or what they relate to as their higher power(s).