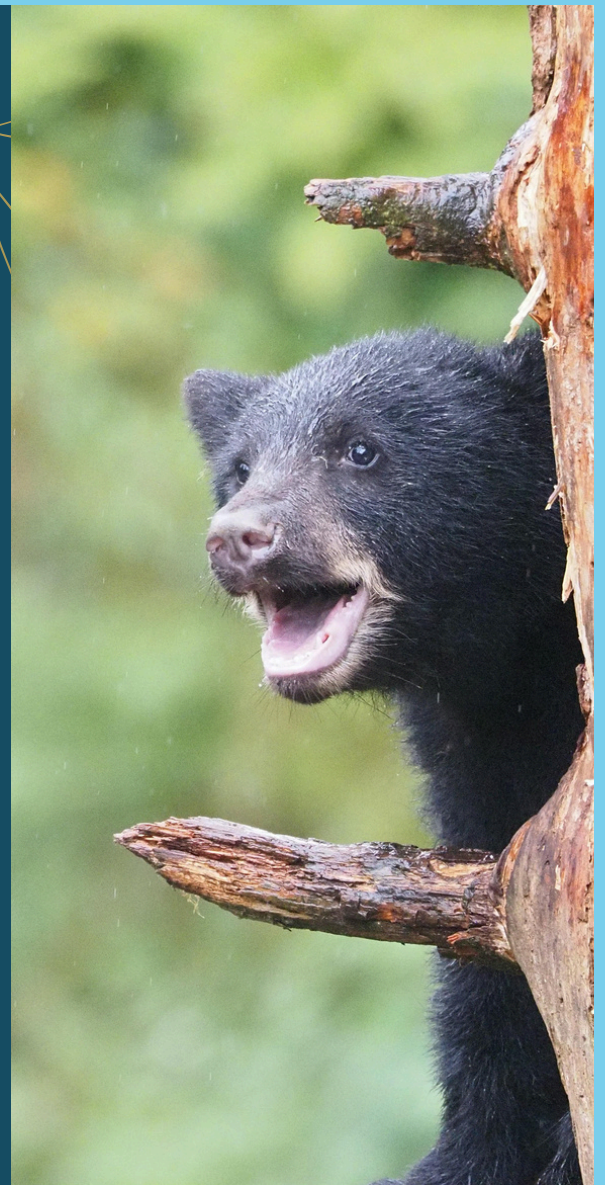


REGULATION AND RESILIENCE MIND-BODY SKILLS GROUP

SIMPLE TOOLS FOR STRESS,
BALANCE, AND RESILIENCE

Join us for a supportive group where we explore simple ways to manage stress, reconnect with our bodies, and build resilience.

This group focuses on practical skills that help calm the nervous system, improve emotional balance, and support overall well-being. Through guided exercises and discussion, participants will learn tools they can use in everyday life.



WHAT WE'LL EXPLORE:

- Grounding and mindfulness practices
- Understanding stress and the nervous system
- Body awareness and emotional regulation
- Skills for calming the mind and body
- Guided group discussion and reflection
- Building resilience and connection

**GROUP DETAILS: STARTING APRIL 14,
EVERY TUESDAY, 3:30-4:30 PM ON ZOOM**



**OPEN TO INDIVIDUALS
RECEIVING SERVICES
THROUGH
CHUGACHMIUT
BEHAVIORAL
HEALTH**



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