

WELCOME TO OUR

April Newsletter

so glad you're here!



Mark your Calendar, you're invited!



Our 3rd annual Mental Health Fest is just a month away! This May, during Mental Health Awareness Month, join us as we explore the theme of transitions and hear from inspiring individuals about their mental health journeys through life's changes, including shifts in careers to self-employment, life after graduation, parenthood, and more! This event aims to raise mental health awareness through various discussions and activities.

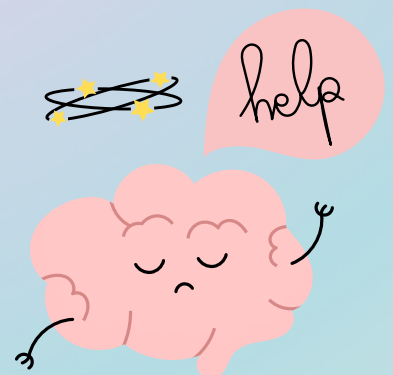
CHECK OUT THE LAST PAGE FOR MORE DEETS!



Stress Awareness Month

MINDFUL COPING FOR INNER PEACE & WELL-BEING

April marks Stress Awareness Month, a chance to deepen our understanding of stress & coping strategies. Through mindfulness, being present, and acknowledging our thoughts & feelings without judgment, we can incorporate techniques like meditation, deep breathing exercises, or mindful walking to reduce stress levels, improve focus, and promote well-being. Plus, self-care activities like exercise, sleep, creative expression, and healthy eating to support the body & mind come a long way.





CALM YOUR NERVES WITH A RELAXING GAME



WALK TO YOUR FAVORITE CAFE FOR A NICE COFFEE



SAUTÉ YOUR WORRIES WITH A NEW RECIPE



FIND YOUR STRESS-BUSTING GROOVE WITH EXERCISE

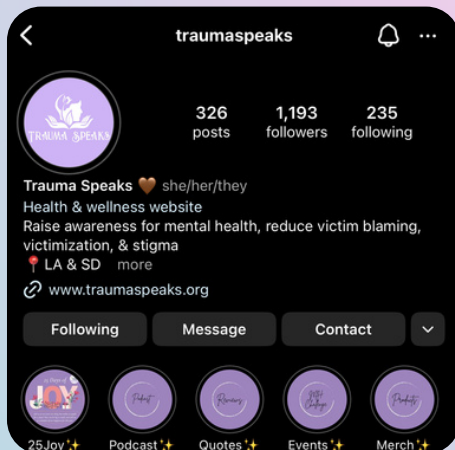


MELT AWAY STRESSES WITH AROMATHERAPY



ESCAPE REALITY IN A GOOD BOOK

DE-STRESS, ONE ACTIVITY YOU LOVE AT A TIME...



Stay in the loop! Subscribe to our newsletter and follow us on social media to stay up-to-date with our latest. From blog posts to podcast episodes, there's always something exciting happening here.

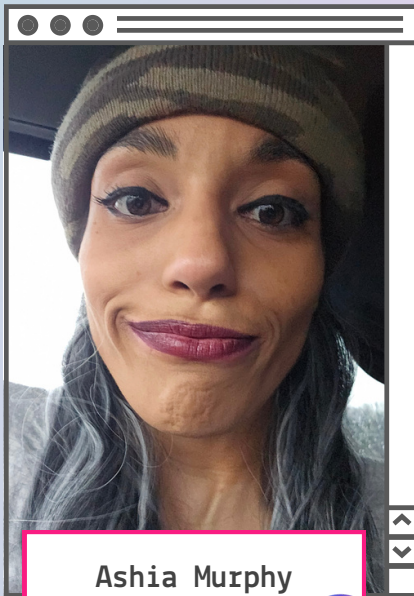
Life transitions can be tough. In this engaging workshop, our guest, Oren Gafni, will provide insights and practical strategies to help parents navigate these shifts & support their families through the process.



✨ **THIS MAY** ✨



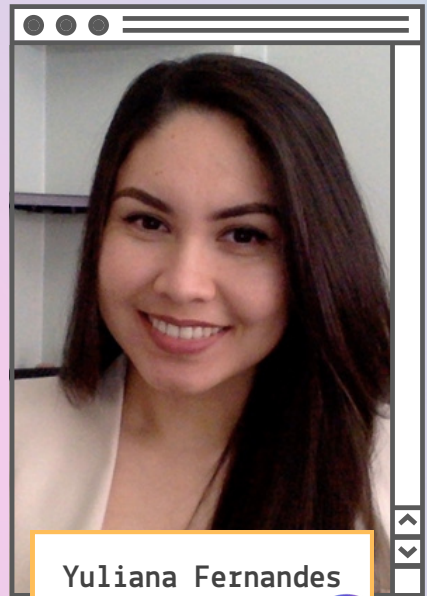
Let's Talk Transitions!



Ashia Murphy
Entrepreneur



Oren Gafni
LMFT & LPCC



Yuliana Fernandes
Recent Grad



Annual Mental Health Fest

Check our insta for dates and times!

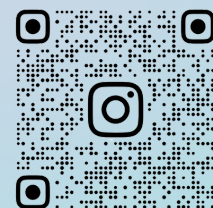
Live on Instagram & Zoom



But wait there's more! Follow us on Instagram to learn more about the guest speakers joining us, topics we'll discuss, and more!

Want to be a guest speaker yourself?

Just dm us and we'll tell you how!



TRAUMASPEAKS