

WELCOME TO OUR

February Newsletter

so glad you're here!



Love, love, love

Relationships. Friendships. Self-love. There are many forms of love and many ways of showing it. Nurturing our connections with others is like tending to a delicate garden—requiring care, attention, and a mindful touch.

In the dance of relationships, it's crucial to strike a balance between giving and receiving, understanding that our well-being is intricately tied to the health of these connections.

Just as we invest time in cultivating external bonds, self-love acts as the fertile soil from which all relationships grow.

It serves as the foundation for our mental well-being, allowing us to navigate the complexities of human connection with resilience and grace.

Black History Month

MINDFUL & AWARE SELF-CARE

February is a time to celebrate love, including our love for African American history and culture. It's a chance for us to reflect on the past, while renewing our commitment to anti-racism work and practices. Remember, keeping ourselves educated and informed is also a form of self-care.





Self love is where we're at!

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