

\$15/class of \$60/series

// @STILLPOINTILM

A 6-week lunch and learn to help you connect clearly to self-care in the new year

SELF-CARE INTENTIONS

self-care in the new year



Need a fresh and healthy boost to kickstart your 2021? Join in building an interactive virtual community of like-minded people who are excited to embrace the power of self-care in the new year

WHEN:

Every Wednesday from 12 - 1 pm
Virtual



LED BY AMANDA SMITH, LCSW

Tired of making New Year's resolutions that inevitably start to fade and fizzle out? Need a fresh and healthy boost to kickstart your 2021? Join me in building an interactive virtual community of like-minded people who are excited to embrace the power of self-care in the new year. In this 6-week interactive webinar series, we will work together to each design our own unique New Year's Resolution grounded in the roots of self-care. We will learn the basics of self-care and how we can work to make self-care a lifestyle that will carry us through the exciting year ahead.

Where: Virtual Group

When: Wednesdays at Noon

Dates: February 3, 10, 17, and 24; March 3 and 10

Led by Amanda Smith, LCSW

Amanda is a licensed therapist who specializes in helping people manage anxiety and meet their personal wellness goals through the practice of self-care. She hosts various webinars and virtual self-care support groups, teaching people how to make self-care a lifestyle. Amanda focuses on how our thoughts affect our feelings and actions, using Cognitive Behavioral (CBT) strategies to help us learn how to take better care of ourselves from the inside out.

