EMPACT-SPC, A RESILIENT ARIZONA PROVIDER, PRESENTS

MINDFULNESS GROUPS

FREE Online Groups | January 2021



Connect with Peers | Build Your Resilience | Experience Ways to Relax



FOR EVERYONE

Mondays, 2PM-3PM January 4, 11, 18, 25





FOR TEACHERS

Wednesdays, 4PM-5PM January 6, 13, 20, 27





FOR SENIORS

Fridays, 10AM-11AM January 8, 15, 22, 29



Got Questions? Need Assistance Registering?
Contact Krylyn Peters at 480-694-4436 or Krylyn.Peters@lafrontera-empact.org.

This publication was made possible by Grant number FEMA-4524-DR-AZ. The views expressed in these materials do not necessarily reflect the official policies or contractual requirements of the Arizona Health Care Cost Containment System (AHCCCS), Department of Health and Human Services, and Department of Homeland Security; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.