

**IMPACT-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

**CLICK TO  
REGISTER**



## FOR TEACHERS

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

**CLICK TO  
REGISTER**



## FOR SENIORS

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

**CLICK TO  
REGISTER**



### **Got Questions? Need Assistance Registering?**

Contact Krylyn Peters at 480-694-4436 or [Krylyn.Peters@lafrontera-empact.org](mailto:Krylyn.Peters@lafrontera-empact.org).