



Taking Care of Ourselves and Others

## **TRAUMA INFORMED AND PERSON CENTERED CONNECTION, REFLECTION, AND SKILL BUILDING SESSION**

We continue to address the needs of people amid the ongoing crisis of COVID whilst navigating our own mental and physical health in a world punctuated by challenges to both. We all need connection to others and a safe place to reflect and practice self-care.

Join Dr. Karyn Harvey and Tanya Richmond for a rich discussion on person centered and trauma informed considerations for self-care and care for others. Karyn and Tanya have curated techniques from Trauma Informed Care, Person Centered Practices, Motivational Interviewing, Yoga and Qi Gong especially for you!

Dr. Harvey and Ms. Richmond are nationally recognized Trauma-Informed therapists and person-centered experts who will give us tips and greater insight on how to take care of each other and ourselves during COVID.

**ALL ARE WELCOME TO JOIN!**

Register at

<https://zoom.us/meeting/register/tJAsc-6upjpkpEtbgL0lQIE-zitP38RZrrknE>

