

RESILIENT RETREAT WELCOMES YOU TO A

MEDITATION WORKSHOP

FREE AND CONFIDENTIAL ONLINE
WORKSHOP FOR:

1. Survivors of abuse and
2. Professionals that witness trauma in the workplace

MONDAY, AUGUST 3 11 AM- 12
PM

MONDAY, AUGUST 10 5-6 PM

TO SIGN UP, CALL 941-343-0039



RESILIENTRETREAT