



GROUNDING MINDS
WELLNESS WORKSHOP SERIES

GROUNDING YOUR MIND

Practical Tools for Stress, Anxiety
& Everyday Overwhelm

A Grounded Minds Wellness Workshop



OPEN TO
THE COMMUNITY



SPACE IS
LIMITED

Feeling stressed, distracted, anxious,
or mentally overloaded?

Join us for an interactive workshop designed to help you better understand stress and learn practical grounding techniques you can use in everyday life.



WHO IS THIS FOR?

Adults looking to improve emotional wellness, build resilience, and develop practical tools for managing everyday stress.

No prior experience necessary.

WORKSHOP DETAILS



60
MINUTES



ADULTS
18+



LOCATION DETAILS
PROVIDED UPON
REGISTRATION

WHAT YOU'LL LEARN

- ✓ Understanding your nervous system
- ✓ How stress affects the brain and body
- ✓ Practical grounding techniques
- ✓ Breathing and mindfulness strategies
- ✓ Creating your own grounding toolkit

INVESTMENT

\$45

EARLY BIRD
REGISTRATION



\$59

STANDARD
REGISTRATION



Email
info@groundedminds.org

Ground yourself, no matter the storm. ♥

LEARN. GROW. CONNECT.



A GROUNDING MINDS WELLNESS WORKSHOP

This workshop is educational in nature and is not therapy, counseling, or mental health treatment. Participation does not establish a therapist-client relationship.

