



GROUNDING MINDS
WELLNESS WORKSHOP SERIES



CALM WITHIN THE STORM

Resilience, Regulation &
Finding Your Center in Tough Times



OPEN TO
THE COMMUNITY



SPACE IS
LIMITED

Life feels overwhelming right now?
You're not alone—and you can find calm.

Join us for an interactive workshop designed to help you build resilience, regulate your emotions, and stay centered—no matter what life throws your way. You can't always control the storm, but you can learn how to stay calm within it.



WHO IS THIS FOR?

Adults looking to better manage stress, build resilience, and find calm and clarity during life's challenging times.

No prior experience necessary.

WORKSHOP DETAILS



60
MINUTES



ADULTS
18+



LOCATION DETAILS
PROVIDED UPON
REGISTRATION

WHAT YOU'LL LEARN

- ✓ How stress and overwhelm affect the brain and body
- ✓ Emotional regulation strategies that really work
- ✓ Building resilience and mental flexibility
- ✓ Calming techniques for high-stress moments
- ✓ Creating a personalized plan to stay grounded and steady



INVESTMENT

\$45

EARLY BIRD
REGISTRATION



\$59

STANDARD
REGISTRATION



Email
info@groundedminds.org

Ground yourself, no matter the storm. ♥

A Grounded Minds Wellness Workshop

LEARN. GROW. CONNECT.

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

