

UNDERSTANDING YOUR MENTAL HEALTH

Workshop

4 Part **Free** Workshop Series
6:30-8pm Thursdays in September

Presented by:
Grace Christensen, MSW, LCSW, CSAC



Week 1 & 2



Regulate: The Foundation for Change

- Mapping the mind-body connection behind feeling overwhelmed
- Step-by-step tools to soothe your nervous system

Week 3



Relate: The Road to Healing

- The science of connection: Why we can't heal alone
- How to set and keep boundaries

Week 4



Repair: Restoring the Story

- Deeper into the mind: thought patterns & beliefs
- Skills for forgiveness & practical steps towards healing

RSVP NOW

Scan to
register on
Realm or
Call/text
920-744-
3345



Location:

Chapel
First Congregational United
Church Of Christ
724 E South River St
Appleton, WI 54915

