

From Surviving to Thriving

AN ALTERNATIVE HEALING GROUP TO BUILD RESILIENCY FOR
SURVIVORS OF SEXUAL OR DOMESTIC VIOLENCE

COME EXPLORE DIFFERENT FORMS OF HEALING THROUGH ART, CRANIOSACRAL THERAPY,
TAI CHAI QIGONG, HERBAL TEAS, YOGA, REIKI AND MORE!

March 5th– April 30th
Thursdays
10:30 AM-11:30 AM

Registration Required
517-783-1638 Ext. 143

All classes and counseling sessions are provided by AWARE at no
cost to anyone who identifies as a survivor of domestic and/or
sexual assault.

Guided by
Carla Freedman, MA, LLPC

