

A 2 part workshop:

ANCHORING THROUGH THE STORM

**Learning ways to Regulate Emotions,
Build Resilience, and Foster Connection**

This online workshop series is for young adults who would like to learn skills to cope with stress and reconnect with others during these unprecedented times. The workshop will be facilitated by Sara Khatri, Clinician and Keosha Love, Peer Supporter/Outreach Worker.

Online via Zoom.

Click on each date to register:

Part 1: October 20th

5:30 pm - 7:30 pm

Part 2: October 27th

5:30 pm - 7:30 pm

