

### FOOD AND MOOD | FACILITATED BY KIM AND CASEY

Have you ever found yourself getting hangry and not even realize you haven't eaten? When our bodies don't have what they need, our moods, behaviors, and overall wellness are affected. A recent study of 7000 children, age 10-14, found that diet was the biggest factor associated with depression. That age group doesn't drive! That means it's up to us to make good food choices, for them and for us. This is especially true when our minds and bodies are healing from trauma. In this group, we're going to have fun with food: learning to understand labels, tasting different foods, and learning about MACROs, as well as the importance of sleep and movement. Come join the fun!

**Wednesdays: February 4| February 11| February 18| February 25| March 4|  
March 11 at 5:30-6:30pm In person**

### HEALTHY COPING SKILLS | FACILITATED BY DOROTHY

Are you struggling with anxiety or some emotional distress as you face situations you never anticipated? Healthy coping skills are important and can help you manage an array of situations in life or help you take action in areas where you may be stuck. We will explore and share different healthy coping skills that may help you as you chose to move forward.

**Wednesdays: February 4| February 11| February 18| February 25| March 4|  
March 11 at 11:30am- 12:30pm Virtual**

### Things to know.

1. You must be registered to attend.
2. Please note whether the group is virtual, in person, or a combination. For virtual groups, you will receive a link to the group 24 hours in advance. Please log in a few minutes early and have your camera on to attend.
3. Please arrive a few minutes early in order for group to start on time.
4. An intake packet including a Release of Information and Confidentiality Agreement must be complete prior to attendance and will be updated annually.
5. Support Groups are confidential.
6. Guests are not allowed. Please have all virtual sessions in a confidential space to protect the safety and information of all participants.