Feel Good Friday

Mindfulness and Self-Care Workshop

Unwind, recharge, and connect!

This gentle workshop offers simple mindfulness practices and self-care techniques you can carry with you through the weekend and beyond.

What is Self-Care?

- Taking time to do the things that help you live well

Why Attend?

- Take time out of your day just for you
- Participants say that Feel Good Friday is “rejuvenating”
- They say it is a reminder to “fill my cup” and “helps me reset” after a busy week

See our Monthly Calendar for upcoming dates!

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Family Resource Centers