



## Wellness Workshops

The Central Appalachia Region of the American Red Cross has several virtual wellness workshops coming up that we are excited to tell you about. These are virtual workshops designed to be interactive, assisting the participant to build upon and develop much needed skills. Please share these amazing opportunities with your organizations, commands, units, teams and military and veteran communities. **The workshops are free and open to service members, veterans and their families.**

- **February 7<sup>th</sup>, 8PM – Central Appalachia Region - Creating Calmness:** a virtual workshop that teaches stress-management and relaxation techniques for service members, veterans and their families. This will be a live, facilitated discussion around the challenges of living through times of stress. You will have an opportunity to share with others, learn and practice new skills and ask questions in a small online group. To register for this opportunity please go to: <https://www.eventbrite.com/e/7-february-creating-calmness-workshop-tickets-498749742907>
- **March 14<sup>th</sup>, 8PM – Central Appalachia Region - Stress Solutions:** a virtual workshop that teaches stress management through learning the signs of stress, practicing relaxation techniques, discussing sleep issues, learning to help others and changing the way you think about stress. This workshop is for service members, veterans and their family members. It is a live, facilitated discussion about solutions for stress. You will have an opportunity to share with others, learn and practice new skills and ask questions in a small online group. To register for this opportunity please go to: <https://www.eventbrite.com/e/14-march-stress-solutions-workshop-tickets-498825248747>
- **April 18<sup>th</sup>, 8PM – Central Appalachia Region - Creating Calmness:** a virtual workshop that teaches stress-management and relaxation techniques for service members, veterans and their families. This will be a live, facilitated discussion around the challenges of living through times of stress. You will have an opportunity to share with others, learn and practice new skills and ask questions in a small online group. To register for this opportunity please go to: <https://www.eventbrite.com/e/18-april-creating-calmness-workshop-tickets-498859691767>
- **April 25<sup>th</sup>, 8PM – Central Appalachia Region - Effective Communication:** a virtual workshop that teaches the skills needed to achieve effective communication styles through non-verbals, seeking clarification, self-reflection, "I" statements and other activities for service members, veterans and their families. This will be a live, facilitated discussion. You will have an opportunity to share with others, learn and practice new skills and ask questions in a small online group. To register for this opportunity please go to: <https://www.eventbrite.com/e/25-april-effective-communication-tickets-499021555907>