Students who are experiencing nightmares, panic, or feelings of disconnection will practice skills for cultivating a greater sense of safety, reconnection, and emotional balance to support improved sleep and physical health.

Female-identified students only at this time. You do not have to pre-register and can attend as many seminars as you would like.

2:30 - 4 PM | MONDAYS | ROOM 250, SHC

JAN 28    Finding Calm
FEB 4     Changing the Script
FEB 11    Reclaiming Your Life

10:30 AM - 12 PM | THURSDAYS | ROOM 250, SHC

MAR 28    Finding Calm
APR 4     Changing the Script
APR 11    Reclaiming Your Life