

PLC Community Group

Connecting with Self

*with host Becky Franklin - Therapist, Educator, and
Northland Grandfamilies Program Coordinator*

Wednesdays - Starting March 8th
10:30am to noon
Parkville Living Center

Presentations and Discussions:

Self Care: Why is this a priority?
Calming, Centering and Soothing
Building a Strength-Based Mindset
Mindfulness and Meditation

For registration and inquiries :

<https://parkvillelivingcenter.org/comm-group>

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