

Spring and Summer Offerings

TEA WITH A SPLASH OF THERAPY
CONTACT ERICA AT (314)303-9151



FOCUS & FLOW VIRTUAL CO-WORKING GROUP

Ideal for anyone needing structured support to stay on task with projects, schoolwork, writing, organizing, or personal goals. This group provides the power of body doubling, connection, and external accountability in a warm, judgment-free space.

Participants will also receive two free monthly check-ins and be provided with curated tools to further assist with maintenance goals.

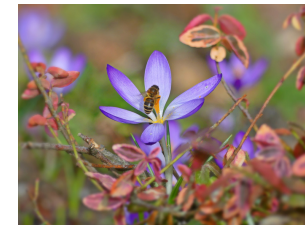


1st Saturday of Each
Month
9:00 a.m. - 11:30 a.m.

HIPAA Compliant Telelink will
be shared with participants

\$30

SIPS & STILLNESS: A NATURE-BASED MINDFULNESS MEET UP



Ideal for those that work from home, wanting to practice more mindfulness or, simply looking for a welcoming space to reset, be in nature, and connect with others. Meet ups will consist of:

- sensory-based activities,
- mind-body practices and
- introspective conversations with the purpose of creating connection and community.

Outdoor locations will alternate. Light Refreshments and a small token of appreciation will be provided during each group.

\$20

1st Sunday of Each Month
3:30 p.m. - 4:30 p.m.
Park Locations will Alternate

REGISTER HERE:

[HTTPS://FORMS.GLE/ZNJ23GTGUNVUH2ZZ9](https://forms.gle/ZNJ23GTGUNVUH2ZZ9)