

Reopening Anxiety: It's normal. Let's talk about it...

A Wellness Workshop Series

Safe Communities is offering a new 3 session virtual workshop to mitigate the stress and angst caused by the reopening as the COVID-19 pandemic is coming under control. As we get ready to step out into the world again, many face increased anxiety about leaving the comfort and safety of their homes, and people who have experienced other kinds of trauma are particularly vulnerable. The ***Reopening Anxiety: It's normal. Let's talk about it...*** workshop presents a holistic healing approach and is designed for anyone who would like to reduce stress and explore ways to calm the body and the mind and help them get ready to face the "new normal." The psycho-educational support group series will:

- Offer a place to express your thoughts, experience community, and know that you are not alone in your experiences. Through journeying with others, members can build confidence, instill hope, and practice resilience.
- Help you understand how trauma alters the brain and leads to dysregulation.
- Recognize that change is possible through repeated exercises and practices that help in neuro-facilitation. This helps us in identifying and developing our strengths to face the world.
- Learn creative techniques that can be incorporated in our daily lives to promote self-regulation, control emotions and reactions, and improve the healing process.

The group will also allow members to begin to establish a network of like-minded people who will help each other to feel supported and move forward in their journey.

The series will be facilitated by Safe Communities team member Neeta Dedhia, who worked extensively with teachers traumatized by the 9/11 attacks in New York City at the Inner Resilience Program. Neeta practiced as a Physician in Alternative Medicine (Homeopathy) in India before moving to the USA and draws upon her knowledge and experience of holistic healing and resilience after trauma while conducting these workshops.

The workshops will be held virtually via Zoom on Tuesdays 5/11, 5/18 and 5/25/2021, from 4 to 5:30 pm. The cost is \$60 for all three sessions. Please visit our website www.safecommunitiespa.org to register. For any questions, please contact Neeta Dedhia, Office Manager and Group Facilitator, Safe Communities via phone: 7175609989 or email: info@safecommunitiespa.org.