

SELF-CARE AND STRESS RELIEF: A THERAPY GROUP FOR ADULTS DURING THE HOLIDAYS



The holiday season can present both joys and challenges as we reflect on the year coming to an end. For many of us, the holidays can represent increased physical, financial, and emotional output. If you would like to practice healthy self-care and mindfulness during the rush of the holidays, contact us to find out more about this group therapy opportunity. This 4-week group will help you practice mindfulness, self-compassion, and boundary-setting with others who have similar goals.

- **WHEN:** Thursdays, November 29th to December 22nd, 2018 from 6:30 to 8:00 PM
- **WHERE:** The Samaritan Center, 8956 Research Blvd., Bldg. 2, Austin, TX 78758
- **COST:** \$20 per session
- **REGISTRATION REQUIRED:** Please contact Erin Peace at 512-451-7337 ext. 312 or erin@samaritan-center.org for information.



FACILITATOR: Erin Peace, LMSW. I currently work as a staff therapist with adults, children, families, and groups at the Samaritan Center. When working with clients, I provide strengths-based, trauma-informed, and solution-focused support for individuals pursuing their utmost potential.