



## **COMMUNITY WORKSHOPS**

Felling emotionally overwhelmed, depleted or exhausted? Sign up today for the next available community workshop. Feel better, do better!

## PROFESSIONAL SERVICES WORKSHOPS

One of the best investments you can make in your organization and clients is the emotional health of your employees and volunteers. Learn more about hosting a workshop for your business or organization.

Maybe money can't buy you happiness, but carefully invested emotionally energy can!







