



Peer Support Network

Come to be heard, listen, and be seen by your peers, with caring, aware attention. You are the expert of yourself.

The group will be practicing different ways of connecting through active listening, with co-counseling and somatic techniques. Participants will also express themselves through art and with journaling prompts. Meditation will be practiced to help ground folks into the space. The group time will be spent sharing in pairs and with classmates.

When:

Mondays

1:30-3:30pm

Where:

**Willakenzie Crossing
3057 Willakenzie Rd**