

— BELOVED'S COPING ROOM™ —

CONVERSATIONS - COPING - CONNECTIONS - COMMUNITY

SATURDAY, JANUARY 9, 2021 - 9AM-7PM - FREE - VIRTUAL - DROP-IN

- 🕒 9AM VIRTUAL YOGA
- 🕒 10AM POWER OF POETRY (ALL AGES, FAMILY FRIENDLY)
- 🕒 11AM HEY BRO, HEY! (ADULT MEN ONLY)
- 🕒 12PM FAMILIES WITH KIDS ZONE
- 🕒 1PM WELLNESS Q&A W/ DR. DOMINIQUE & DR. MONICA
- 🕒 2PM CO-ED TEEN TALK (AGES 13-17)
- 🕒 3PM HEY SIS, HEY! (ADULT WOMXN ONLY)
- 🕒 4PM LGBTQ+ ZONE
- 🕒 5PM MINDFULNESS FOR RECOVERY (ADULTS IN SUBSTANCE RECOVERY ONLY)
- 🕒 6PM WELLNESS CLINICIANS CHECK-IN

Register Here

REGISTER AT [BELOVEDWELLNESSCENTER.COM/COPINGROOM](https://www.belovedwellnesscenter.com/copingroom)

Disclaimer: This is a public forum and confidentiality cannot be guaranteed. This is not intended to be therapy or individual services.