

Supporting Children and Youth through Challenging Times and Difficult Beginnings

A new topic on the first Wednesday of each month in this virtual series!

Wednesday
FEB 1st
2:45-5:00PM

STOP ONLY TALKING ABOUT SELF-CARE: LET'S DO IT!



Presented by
Ce Eshelman, LMFT

This is a "get-real" workshop. Wear comfy clothes, jammies, or just come as you are in your suit or high heels. No one really cares. This workshop will be just for you to engage in bringing your vagal nervous system into balance. We might call this "a toning session." If you learn something here and practice it for 10 minutes every day (or any day), you will find over time that your own nervous system is firming-up, creating resilience from the inside out. We all need to stop talking, hoping, wishing things would get better, and start being in and with the practice of self-care--the polyvagal way.



Register at: https://www.surveymonkey.com/r/CE_2022-23

For registration assistance by phone, call 530.918.7222
No cost to participants.

Ce Eshelman, LMFT, is an Attachment and Trauma Specialist and adoptive mom with a private practice, **The Attach Place**, in Sacramento. She is the facilitator of **The Love Matters Parenting Society**, an online annual membership for becoming great therapeutic parents while thriving at the same time. ce@attachplace.com

