

MENTAL HEALTH WORKSHOP FOR EDUCATORS

FREE WORKSHOP

COME AND LEARN TOOLS TO MANAGE STRESS AND ANXIETY AND IMPROVE YOUR OWN MENTAL HEALTH. BE READY TO INCORPORATE THESE TECHNIQUES AND PRACTICES INTO YOUR OWN CLASSROOM OR HOME LIFE BY HELPING TO MANAGE EMOTIONS AND THUS, CREATE A CALMER ENVIRONMENT FOR ALL.

PURCHASE UP TO 3 CLOCK HOURS AT \$3 PER CLOCK HOUR.

THIS WORKSHOP IS HOSTED BY DKG IOTA CHAPTER ALONG WITH OUR SISTERS FROM ALPHA PSI AND BETA CHI.

SONJA FRITTS IS THE OWNER OF HEART WHOLENESS. SONJA IS DEDICATED TO HELPING PEOPLE CREATE FULFILLING AND JOYFUL LIVES BY CONNECTING TO THEIR OWN HEARTS.

REGISTER AT:
[HTTPS://FORMS.GLE/IH5F8YJ7Z7BXCQNB8](https://forms.gle/IH5F8YJ7Z7BXCQNB8)

OR SCAN THE QR CODE



WHERE: MASON PUD #3

2621 E JOHNS PRAIRIE RD, SHELTON, WA 98584

WHEN: NOVEMBER 4, 2023- 9:00-12:30

CONTACT: DKG IOTA MASON COUNTY@GMAIL.COM



<https://www.dkg.org/>



[HTTPS://HEARTWHOLENESS.COM/](https://heartwholeness.com/)