Building Resilience from Within

Self-Care Matters: Take Time for You!

March 18th through April 22nd
3/18, 3/25, 4/1, 4/8, 4/15 & 4/22
Wednesdays 11am-11:45am on Zoom

Our popular six-week virtual self-care series for caregivers and anyone experiencing heightened stress in their lives. Learn simple techniques to build core resilience, balance the nervous system & deepen a healthy connection to your body.

The free program takes place on Zoom, is open to all, and no experience is required. To ensure accessibility, all exercises can be done seated or standing and every session is recorded so participants can watch or rewatch at their convenience.

For more information or to register, scan the QR code
or go to our website: https://jfswm.org/
or call 413-737-2601
or contact Rosalind Torrey: r.torrey@jfswm.org

The presenter Reina Goldberg is a Mindfulness Educator, Trauma Informed Coach, and Multifaceted Healing Practitioner. Reina holds a Master of Education in Mindfulness Studies from Antioch University, and a B.A. in Psychology and Education from York University. She is certified as a Yoga Therapist, with certifications in Qigong Infused and Hatha Yoga, Applied Polyvagal Theory Therapeutic Yoga, as well as a Healthy Bones & Balance teacher. In addition, Reina is also a Grief Coach, with training based in trauma informed healing modalities.