

# 'Tis the Season For Support



Join EMPACT-SPC, a Resilient Arizona provider, for these FREE workshops and groups for Arizona residents to get the emotional support and coping skills you need to handle pandemic life challenges.



## DECEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 ▲ 12-12:30PM: Mindfulness for the Holidays	3 ▲ 10--11AM: Self-Guided Mindfulness	4
6 ▲ 12-1PM: Self-Guided Mindfulness	7 ■ 8:30-9:30AM: Self-Guided Mindfulness	8 ▲ 12-1PM: Tips to Handle Pandemic Holiday Stress	9 ■ 2-3PM: Self-Guided Mindfulness	10	11 ▲ 10-11AM: Self-Guided Mindfulness
13	14 ■ 12-12:30PM Mindfulness for the Holidays	15 ▲ 4-5PM Self-Guided Mindfulness	16 ▲ 12-1PM Surviving Grief	17 ■ 12-12:30PM Mindfulness for the Holidays	18 ■ 12-12:30PM Mindfulness for the Holidays
20	21	22 ■ 12-12:30PM Mindfulness for the Holidays	23 Christmas Holiday	24 Christmas Holiday	25
27 ■ 12-12:30PM Mindfulness for the Holidays	28	29	30	31 New Year Holiday	

▲ Workshop    ■ Skills Group    ● Chat Circle



Led by Experienced  
Mental Health Professionals



Supportive and  
Educational



Offered through  
Online Video



Free and Confidential

## Got Questions? Need Assistance Registering?

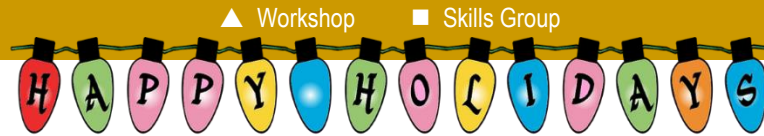
Contact Krylyn Peters at 480-694-4436 or [Krylyn.Peters@lafrontera-empact.org](mailto:Krylyn.Peters@lafrontera-empact.org).



The mission of Resilient Arizona Crisis Counseling Program (CCP) is to assist individuals and communities in recovering from the psychological effects of the Coronavirus pandemic through community-based outreach, emotional support and educational services. Visit [resilientarizona.org](http://resilientarizona.org) for further information.

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## December 2021 Workshop and Group Registration Information



### ■ Mindfulness for the Holidays

Grab a warm beverage, get in your comfy clothes, and join us for some mindfulness activities to help you relax this holiday season. Join as many as you like.

Day	Time	Register Link (click or type in web browser)
Thu, Dec 2	12PM-12:30PM	<a href="http://tinyurl.com/MindfulHoliday-CCP-Dec2">http://tinyurl.com/MindfulHoliday-CCP-Dec2</a>
Tue, Dec 14	12PM-12:30PM	<a href="http://tinyurl.com/MindfulHoliday-CCP-Dec14">http://tinyurl.com/MindfulHoliday-CCP-Dec14</a>
Fri, Dec 17	12PM-12:30PM	<a href="http://tinyurl.com/MindfulHoliday-CCP-Dec17">http://tinyurl.com/MindfulHoliday-CCP-Dec17</a>
Sat, Dec 18	12PM-12:30PM	<a href="http://tinyurl.com/MindfulHoliday-CCP-Dec18">http://tinyurl.com/MindfulHoliday-CCP-Dec18</a>
Wed, Dec 22	12PM-12:30PM	<a href="http://tinyurl.com/MindfulHoliday-CCP-Dec22">http://tinyurl.com/MindfulHoliday-CCP-Dec22</a>
Mon, Dec 27	12PM-12:30PM	<a href="http://tinyurl.com/MindfulHoliday-CCP-Dec27">http://tinyurl.com/MindfulHoliday-CCP-Dec27</a>

### ▲ Self-Guided Mindfulness: How to Practice Mindfulness on Your Own

Learn evidence-based tools to help you start and maintain a mindfulness practice. You'll also get support after the workshop to keep you on track. Choose the day/time that works best for you.

Day	Time	Register Link (click or type in web browser)
Fri, Dec 3	10AM-11AM	<a href="http://tinyurl.com/SelfMindfulness-CCP-Dec3">http://tinyurl.com/SelfMindfulness-CCP-Dec3</a>
Mon, Dec 6	12PM-1PM	<a href="http://tinyurl.com/SelfMindfulness-CCP-Dec6">http://tinyurl.com/SelfMindfulness-CCP-Dec6</a>
Tue, Dec 7	8:30AM-9:30AM	<a href="http://tinyurl.com/SelfMindfulness-CCP-Dec7">http://tinyurl.com/SelfMindfulness-CCP-Dec7</a>
Thu, Dec 9	2PM-3PM	<a href="http://tinyurl.com/SelfMindfulness-CCP-Dec9">http://tinyurl.com/SelfMindfulness-CCP-Dec9</a>
Sat, Dec 11	10AM-11AM	<a href="http://tinyurl.com/SelfMindfulness-CCP-Dec11">http://tinyurl.com/SelfMindfulness-CCP-Dec11</a>
Wed, Dec 15	4PM-5PM	<a href="http://tinyurl.com/SelfMindfulness-CCP-Dec15">http://tinyurl.com/SelfMindfulness-CCP-Dec15</a>

### ▲ Surviving Grief Workshop

Learn ways to manage grief for different losses (death of person, death of pet, illness, separation, transition, etc.).  
**For:** Adults experiencing grief of any loss.

Day	Time	Register Link (click or type in web browser)
Thu, December 16	12PM-1PM	<a href="http://tinyurl.com/GriefWorkshop-CCP-Dec2021">http://tinyurl.com/GriefWorkshop-CCP-Dec2021</a>

### ▲ Tips to Handle Pandemic HOLIDAY Stress Workshop

Learn how stress may be affecting you, ways to manage your stress, and what resources are available to get more support. **For:** Adults.

Day	Time	Register Link (click or type in web browser)
Wed, December 8	12PM-1PM	<a href="http://tinyurl.com/StressWorkshop-CCP-Dec2021">http://tinyurl.com/StressWorkshop-CCP-Dec2021</a>

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