



Presented by, Stanley C. Mantooth, Ventura County Superintendent of Schools
Coordinated by the Comprehensive Health and Prevention Programs.



Friday Flow

Healing Centered Practices



Free Webinars
Attend one or all sessions

January 8, 2021 | January 15, 2021

January 22, 2021

January 29, 2021 | February 5, 2021

February 19, 2021

February 26, 2021 | March 5, 2021

From 10am - 11am

Register here: <https://bit.ly/345gjTZ>

Friday Flow: Healing Centered Practices Series focuses on cultivating a deeper awareness of how we might listen and respond to our needs in nourishing and rejuvenating ways. Each training builds on each other with the series focusing on:

- Trauma informed mind and body practices
- Cultivating internal and external resources for resilience
- Developing and Sustaining Responsive and Accessible Practices of Self-Care

Who should attend? Mental health providers, teachers, school administrators, and school staff.

**MEANING
MAKERS
COLLECTIVE**




**VENTURA COUNTY
BEHAVIORAL HEALTH**
A Department of Ventura County Health Care Agency