

The Academy for Community Partners is offering

## The Balance is a "Verb" -Creative Approaches to Work/Life Challenges Session and Retreat

This session will be crafted to deliver a highly engaging and experiential 'retreat-like' session for all participants. The theme will center around the key question:

“How am I BEING, while I am DOING?”



Focus will be placed on topics such as balance and mindfulness. Opportunities for self-reflection will deliver deeper understanding of 'how I am BEING'. Specific tools and strategies will be shared to give each participant specific ideas and approaches for their own self-care to address the 'while I am DOING' part of the objective. The same session will be offered multiple times to allow as many providers as possible to participate in the session. The session will be offered in various geographic locations.

**Register** for the session you would like to attend below:

[First Offering April 11, 2024, at the Wilderness School 9:00am to 3:00pm](#)

[Second Offering May 8, 2024, at Family and Children's Aid in Waterbury 1pm-4pm](#)

**Trainers:** Alicia Davis, PCC and Stacie Watson, PCC



