



Whole Child, Inc. offers on-line support to the community through COVID-19

Over the last several days, we have encountered unprecedented and turbulent times, and there is uncertainty about how the COVID-19 outbreak will affect schools, jobs, families and our futures. Life was already complicated, but the virus outbreak has added an additional layer of stress in everyone's life.

To support community mental health, we will be facilitating on-line Circles of Eight daily through April 16th. Circles of Eight is concept created by Caledonia resident Terry Gates and is in part based on Lynne McTaggart's book, "The Power of Eight: Harnessing the Miraculous Energies of a Small Group to Heal Others, Your Life, and the World."

The online facilitated format Circles provide a safe space for social and emotional connection, a for deep listening and support, and a space to reflect and set healing intentions for self and community during the COVID-19 outbreak. Additionally, a simple stress reduction tool is taught during each free session. Please share this information with anyone who could use extra support.

Circle of Eight Meeting schedule through at least 4.15.2020:

Monday: 7:30PM-8:30PM

Tuesday: 10AM-11:00AM

Wednesday: 6:30PM-7:30PM

Thursday: 12N-1PM

Friday: 1:00PM-2:00PM

The link for all is: <https://zoom.us/j/2951053796>

Facilitator: Debra Timmerman RN, DAIS, TCEPL, MMT, CSME, HMCT is a Certified Stress Mastery Educator and Diplomate of the American Institute for Stress. She has 20+ years of experience leading individuals and teams through change and stressful times.

Our Mission: Limit the impact of stress related illnesses on mental, physical and emotional health.

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