



Together for the Holidays

Being in Community With Each Other

Where & When:

Christmas Eve **6pm- 8pm** Christmas Day

<https://us02web.zoom.us/j/84480567278?pwd=OWIIOHE1WU9uWjdrbUxSNjFJc3h0Zz09>

Meeting ID: 844 8056 7278
Passcode: 746988

Christmas Morning 9am:
The Phoenix Intro & Full Body Workout

Christmas Afternoon 1pm: Meditation
Front Line Initiative Clinician Katlynn Bell

24-Hour+ support from peers and behavioral health specialists

What:

This Christmas looks a bit different for all of us. For many of us this time of year can be filled with sadness, anxiety, stress, tension, loneliness and more. We want to provide a space for all those in need of help have somewhere to turn this holiday season.

Drop in, stay awhile, and be in community with one another this holiday.

Volunteers will be on hand to provide assistance and support.

