

## Relaxation & Stress Reduction Group



“Relaxation & Stress Reduction” is a 10 week group that utilizes mindfulness skills & techniques to help survivors of domestic violence and sexual assault progress through their healing journey. Topics include body awareness, breathing, progressive relaxation, meditation, visualization, Qi Gong, refuting irrational thoughts, coping skills, goal setting, time management, assertiveness, nutrition, and exercise!

**Starting Date:** Monday, May 9<sup>th</sup> – July 25<sup>th</sup>

**Time:** 3:30pm -5:00pm

**Location:** CCS El Cajon Office–460 N. Magnolia Ave, El Cajon, CA

**\*No group on Monday May 30<sup>th</sup> & July 4<sup>th</sup>**

If you are interested in this group contact **Kortney**  
at (619) 697-7477 Ext. 115

This is a completely free, **open** group that meets for 10 weekly sessions. This group is for survivors of domestic violence or sexual assault who are 18 years of age or older.