

# Survivor Self-Care Series

*For Survivors 18+*

*Childcare is available upon request. Please let us know in advance so we can ensure proper arrangements.*

**Session One: March 4**  
**Session Two: March 11**

**5:30PM-7:00PM**  
**In-person**

411 Butternut Drive | Holland, MI

**Session one:** Explore what self-care **really** looks like in today's busy world

**Session two:** Navigate ways to center yourself and your own healing while engaging in self-care that fits your lifestyle

**RSVP:** [JessicaM@ResilienceMI.org](mailto:JessicaM@ResilienceMI.org)

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