



## Cultivating Safety in Your Own Skin: Sexual Health Workshop

Join us as Occupational Therapist Janelle Kloske provides an educational workshop on holistic pelvic health.

Participants will learn more about the mind/body connection, navigating sexual wellness after trauma, and develop tools to help them gain a sense of safety in their bodies.

**Childcare available upon request.**

**To RSVP:  
KrystalD@ResilienceMI.org**

### EVENT DETAILS

- **Date:** Thursday, April 30th
- **Time:** 6pm-7pm
- **Program Office:** 411 Butternut Dr, Holland, MI 49424

**RESILIENCE**  
ADVOCATES FOR ENDING VIOLENCE™