

REDUCE STRESS AND BE READY TO HELP OTHERS

Free Breath-Body-Mind™ (BBM) programming is available at three separate times on Tuesdays, through the end of the year. BBM is a program of evidence-based, mind/body practices that support mental health and wellness.

FREE WEEKLY PRACTICE SESSIONS

Each session provides an opportunity to learn and use gentle BBM practices to soothe, balance and strengthen the nervous system. No prior experience needed.

Practice Sessions are offered every Tuesday at: 6:00am for 30 minutes, 12:00pm for 30 minutes, and 8:00pm for 45 minutes.

BBM WORKSHOPS

BBM Workshop Cohorts are open to anyone interested in learning the basic BBM practices over a committed 4-week timeframe. Sessions take place at noon on Tuesdays in the Summer and Fall. See registration for specific dates.

All 2023 programming is provided by the New York State Trauma Informed Network and Resource Center, which is funded by the NYS Office of Mental Health.

Register Here

