JUNE 2020

Grounding

GROUNDING SKILLS
Tuesday, June 2  |  Noon-1 p.m.
Participants will learn and experience grounding techniques that can be helpful in managing overwhelming feelings or managing intense anxiety in this session facilitated by EACC Counselor Khoi Bishop.

NATURE AS OUR HEALING GROUND
Tuesday, June 16  |  Noon-1 p.m.
Participants will make mandalas and learn to listen to sunshine, rain and wind as speakers; and our own heart-beats as drums in this session facilitated by AIM Artist-in-Residence Helene Taylor.

Go to go.uab.edu/EACC-Calendar and select a date to register and receive a confirmation email with instructions for joining the Zoom webinar.

Program is open to all UAB, UAB Medicine, VIVA Health and Homewood City School System employees and members of their immediate household.