



Join with others to learn skills, process experiences, and leave stronger and more in touch with your mind and body.

In the daily chaos of our world, it is easy to get caught up in stress, worry, and anxiety. Mind Body Skills are evidence-based tools that build self-awareness and cultivate self-care, and are easy to integrate into your life. They have been documented to lower levels of stress, improve mood, enhance resiliency and optimism, and help prevent chronic health conditions.

This program provides:

- A caring, supportive peer group
- Practical, evidence-based tools that promote health and well-being
- An opportunity to prioritize yourself and deepen your self-care

Tuesdays at 6:30-8:30 PM CST
Beginning September 7, 2021
\$200 for 8 weeks

For more information contact:
dsunday@councilonrecovery.org or
call 281.200.9242.

Groups will meet for eight 2-hour sessions on a weekly basis. Please be ready to commit to all 8 sessions. Facilitators are certified through the Center for Mind Body Medicine, and will reach out to you for a pre-interview to prepare you for the course. A sliding fee scale with limited scholarships is available, please inquire. Note: This group is not a substitute for clinical therapy; if you or someone you love needs help with an addiction or co-occurring disorder, call The Council at 713.942.4100. **For information on the next course or to sign up, visit www.councilonrecovery.org/mindbodyskills.**



Joanna Robertson, M.MFT, LMFT, LPC, is a licensed Marriage and Family Therapist and Licensed Professional Counselor in the state of Texas. She has her master's degree in Marriage and Family Therapy. She is a Clinician in the Clinical and Behavioral Health Department at The Council on Recovery. Joanna completed training and certification through CMBM after Hurricane Harvey hit Houston, and has found engaging in this work personally and professionally transformative.



David Sunday, CPS/ PRC, is a certified peer support specialist, yoga teacher and Healing Circle facilitator. He is a United States Air Force Veteran that currently works in addiction case management and community outreach, and has a background in program coordination in both the faith-based and secular sectors. David obtained his training and certification through CMBM and ISH while providing disaster case management during Hurricane Harvey, and uses these skills in his own recovery program.