



Join us for a *free* VIRTUAL “Connection” workshop

choose your partner for this pleasantly surprising Zoom event

Thursday
May 13th, 2021
6:00 - 7:30^{PM}
(Pacific Daylight Time)

[https://us02web.zoom.us/j/88315477826?
ped=YVRFepUpQOTJrOWVUMFh5UkVGOHN
oUTo9](https://us02web.zoom.us/j/88315477826?ped=YVRFepUpQOTJrOWVUMFh5UkVGOHNoUTo9)

Meeting ID: 883 1547 7826 Passcode: 434745

We may have been spending more than the usual amount of time with certain people during the lockdown and “bubble time” of the pandemic, but we may find that we’re not communicating or connecting as deeply, clearly, or honestly as we’d like, in spite of that proximity.

This exercise is a simple, fun, yet profound way to really “see each other” and make an important connection

for more details contact:
gail@mindfulveteranproject.org OR
bflores@thehelpgroup.org



This wonderful exercise is done in pairs, with a spouse/partner, co-worker, neighbor, teenage-or-older child, other relative, friend

Because you’ll be sitting on chairs, facing each other, with knees only a few inches away from your partner’s, ~ without wearing masks ~ you’ll need to feel comfortable with each other’s health/vaccination status/etc. to enjoy this practice and feel safe.

818.616.2931
www.mindfulveteranproject.org