



FAMILY NURTURING CENTER

July, August & September 2021

Wellness & Holistic Classes

Trauma and adversity impact our whole being – physical, emotional, and spiritual. Holistic support and wellness activities provide an integrated approach to healing, offering innovative ways to reduce stress, build resiliency and feel better.

HEALING DRUM CIRCLE

Saturday July 24 & 31, 11 am-12:30 pm

Many cultures around the world for many centuries have recognized the power of drumming as a healing force. Drumming helps release old stuck energies and trauma from the body and the mind.

START TO FINISH

Wednesdays, August 4, 11, 18 & 25 6:30 p.m. to 8:00 p.m.

In this series of classes we will work with processing techniques used in Somato-Emotional release – a style of bodywork that helps us release trauma & old unprocessed emotions from the body & mind.

KEEP CALM & CARRY ON

Wednesday Evenings, September 1, 8, 15, 22, 6:30 p.m.-7:30 p.m.

In this series of classes we will learn to meditate & learn techniques for calming & self-soothing.

THURSDAY MORNING ONLINE EXPRESS YOGA, 7:30-8:00 A.M.

FAMILY FUN YOGA SERIES

Saturdays, July 10th, 17th, 24th & 31st
1 – 1:45 pm

Bringing families together in a safe environment to enjoy a class together. Participants will have the opportunity to share in movement, play and create. When children and adults have a safe place to breathe and move they can learn ways to heal trauma within.

Please Register at: www.familynurture.org
CLASS DESCRIPTIONS AVAILABLE ONLINE

TRUE BODY PROJECT FOR TEENS

4-Class Workshop

Monday, July 19, 6 p.m.- 8 p.m.

Wednesday, July 21, 6 p.m.- 8 p.m.

Monday, July 26, 6 p.m.- 8 p.m.

Wednesday, July 28, 6 p.m.- 8 p.m.

Growing up in this world is stressful and overwhelming, and it gets even harder when we have to deal with healing from difficult and hurtful experiences. True Body Project is a different way to look at wellness. It's all about fun, and can help you feel more relaxed, help you think more clearly, and overall make you feel better.

INSPIRED LIFE

Know Yourself, Grow Yourself, BE Yourself

Tuesdays, August 3, 10, 17, and 24, 6 - 7:30 pm

In this small group workshop series, we will explore holistic wellness practices in a safe, supportive environment that will allow you to tap into healing at your own pace.

TRUE BODY PROJECT - WOMXN

A Mindful Embodiment Practice

Coming in September of 2021....

The body is the key to uprooting the energies that keep you in trauma response. We will use movement, mind-body work and energy therapies along with crafting, mindfulness, journaling, poetry reading, and open communication to make healing and learning about yourself and the world we live achievable.

Classes are provided at no cost to participants.

This project was supported by Grant Number VOCA-2020-FamilyNur-00035 awarded through the Kentucky Justice and Public Safety Cabinet by the U.S. Department of Justice

