

Harbor Haven

Community Health Center

FREE Self Care Workshops!

Empower yourself with coping tools, mindfulness strategies, and healing community.

When

Thursdays in July:
5 PM – 7 PM

Where

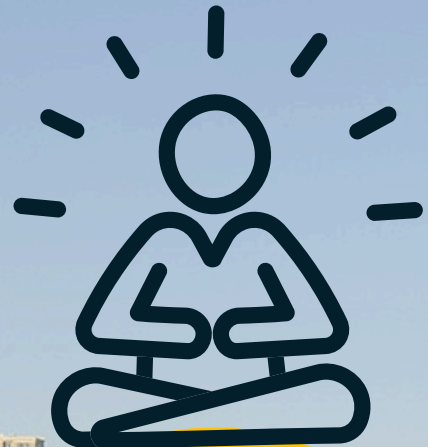
Upton Community
Center, 123 North Ave,
Baltimore

**What to
Expect**

Group activities,
licensed facilitators,
free refreshments

**Topics
Include**

Emotional Regulation,
Grounding Techniques,
Journaling for Clarity,
and more.



**OPEN
TO
ALL!**

***Reserve your
spot!***

HHWellness.com/workshops

(410) 555-2398