

# Cultivating Resilience Community



Join us for a CRC Healing Circle **playshop!**

CRC wants to focus on the importance of remaining social and in community while keeping our physical distance :)

- Playshops will be held over **zoom** at three different times:
  - April 8<sup>th</sup> at 1300 & 1900
  - April 22<sup>nd</sup> at 1600



*Stay tuned for zoom meeting ID and address!*

Reminder...CRC is about increasing the tools in our toolbox ♥