

Yoga for Helping Professionals

Do you work in a social service agency or frequently interact with trauma in your profession? Have you struggled to maintain your own self-care while dealing with the impact of your work? Are you interested in exploring yoga and other mind-body practices? Rebuilding Hope! The Sexual Assault Center for Pierce County will soon offer an 8-week yoga group for helping professionals!

Date, Time & Fee: To be determined based on interest. Group to begin April 2017.

Contact Jennifer at 253-597-6424 ext.#105 or Jennifer@hopesacpc.org for more information or to sign up! Thank you!



24-hr Crisis and Information Line:
253.474.7273

Please check out our website for more information about our additional programs and services:
www.sexualassaultcenter.com