

Centering Your Needs:

Visioning and Planning for Wellness



Join the Oregon Helpers Wellness Initiative - a service of Lines for Life - for an interactive four-part wellness workshop.

The series is an opportunity for reflection and support, in which participants engage in an inquiry process and develop their own personalized wellness vision. This vision acts to clarify steps and identify the barriers that may exist to meeting one's own wellness needs. Participants leave with a clearer commitment to their own wellness, and a vision of how to integrate wellness into their current lives as helpers.

Sessions are designed as four sequential parts - three "building blocks" and the fourth being a culmination of what participants have learned; however, we understand that due to scheduling difficulties, **participants may not be able to attend all four sessions. When registering for the workshop series, please attend all sessions that you are available.**

Hosting this event series is Yvette Garcia, M.A. Yvette has over 10 years of experience supporting individuals to stay in touch with their personal "why" and bringing out the best in themselves while navigating the stressors of work and everyday life.

This program is offered at no cost to healthcare and frontline workers, and others in helping roles.

Leveraging Your Strengths

October 26, 2021 | 12:00pm – 1:00pm

Exploring Your Core Values

November 2, 2021 | 12:00pm – 1:00pm

Managing Stress – Your Personal Plan

November 9, 2021 | 12:00pm – 1:00pm

The Power of Visualization – Creating Our Wellness Vision

November 13, 2021 | 12:00pm – 1:00pm

[Register Here for Centering Your Needs: Visioning and Planning for Wellness](#)