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Copeland Center Membership - A New Presentation and a Wellness ToolBook

1 message

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Fri, Jul 9, 2021 at 10:21 AM

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The World's On Fire; Can We Still Talk About Wellness? A Membership Connection & Discussion Wednesday, August 4th

11:00am-12:30pm ET/10:00-11:30am CT/9:00am-10:30am MT/8:00am-9:30am PT



We will discuss the tension between experiencing the loss, grief, and anger that arise from environmental destruction and need to, at the

same time, focus on how to cultivate wellness for ourselves so that we can find and provide a hopeful alternative vision for the future and maintain connections with each other.

Presenters: The Copeland Center's Katie Wilson, Director of Operations and Ryan Tempesco, National Youth Program Coordinator, Doors To Wellbeing

Copeland Center Membership Staying Connected with the Copeland Center Community

We invite you to become a member of the Copeland Center. In addition to becoming an active member of our Wellness & Recovery Community, you will also have the opportunity to take advantage of a wide range of informative, educational and fun wellness activities.

[Click Here to Become a Member Today!!!](#)

We are Looking for Contributions to the Copeland Center Member's Wellness Tool Book



Wellness Tool Book: Community Sharing

Join fellow members in sharing photos of wellness tools!

We're going to compile all the submissions into a book of tools that members use to support wellness in their lives. We are looking for anything and everything that works for you.

Instructions: Take a photo or a drawing you'd like to share of a wellness tool in your life. Feel free to include what it is and why it's important to you (optional). Let your imagination run wild. Please do

include your name as you want it to be identified in the book soon to be available for download in the member's portal.

Become a member today and be a part of our ToolBook.

Please direct any questions to info@copelandcenter.com

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