

Mindfulness as a Tool for Recovery Support (MTRS) a 6-week WEBINAR series

for anyone with lived experience with addiction, trauma, or mental health



- Learn how to respond instead of react to stressful situations
- Learn simple practices to improve stress resilience
- Learn in-the-moment techniques to regulate your nervous system

February 8 to March 15, 2023
Every Wednesday from 12:00-12:45pm EST

All sessions are hosted on Zoom.
Recorded for later access if unable to participate in live sessions.

MTRS participants are invited to join an optional private Facebook group to learn, share, and connect.

Individuals and groups, such as recovery communities, are invited to register for MTRS.

COST of Webinar:
\$60 - \$90 - \$120

Choose the price
that works for
you right now.



Register online at:

WWW.SAGEAC.COM

<https://forms.gle/VqNUQjmx4QWMZaU9>

or use this QR code.



For more information or if you have questions, contact Denina at mtrs@sageac.com or (724) 513-0069