



The Children's  
Bereavement Center of South Texas

# Care for the Soul Support Sessions

**Come experience an hour of quiet, reflective and directed self-care.**

CBCST staff will assist participants in exploring healing exercises of the mind, body and spirit. Guest practitioners from a variety of disciplines, including massage, dance and art. One entire hour of complete and total focus on YOU.

**All are welcome...**

Mental Health Professionals

Medical Personnel

Hospice Workers

Primary Caregivers

Parents, Grandparents, Friends & Neighbors

If you spend more than 75% of your time caring for someone other than yourself, YOU should attend.

**Your Experience...**

Relax and enjoy exercises in self-care and healing, to include:

Beginners Yoga practice

Relaxation and Meditation

Breathe Work

Music

Aromatherapy

Guided Movement

Healing food and drink

Wednesdays

Oct. 14<sup>th</sup> through Nov. 18<sup>th</sup>

6:30 p.m. to 7:30 p.m.

Join us at the CBCST located at  
332 W. Craig Place, San Antonio, TX 78212

The price for attendance is \$25 per weekly session. Individuals or organizations who purchase the entire 6-week program will receive a %15 discount.

Space is extremely limited, please call or write to reserve your space by October 9<sup>th</sup>. RSVP to Michelli Gomez, 210-736-4847, ext. 227 or [mgomez@cbcst.org](mailto:mgomez@cbcst.org)