



Caring for Your Mind, Body and Wallet

Upcoming Dates

3/5 - Trauma and your body
3/12 - Trauma-informed yoga
3/19 - Trauma-informed yoga
3/26 - Laundry soap making
4/2 - Financial empowerment

Thursday 6:00pm-7:30pm

4/9 - The Lion King outing (free tickets)
4/16 - Financial empowerment
4/23 - Financial empowerment
4/30 - Financial empowerment

This support group series will focus on an array of topics meant to care for your mind, body and wallet. The trauma-informed yoga is facilitated by a certified instructor. The financial empowerment sessions will focus on budgeting, credit repair, financial independence and improving your relationship with money.

If you attend all 4 weeks of financial empowerment, you receive a \$25 gift card.

Dinner provided. Childcare available.

SAFEHAVEN
MINISTRIES

**No need to register!
Attend what you can.**

Call or Text: 616.452.6664

Email: rmccaul@shmgr.org

Office Location

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