

“BUILDING RESILIENCE”

WITH THERAPIST
+ AUTHOR
LINDA GRAHAM, MFT

THURSDAY, FEBRUARY 21
12:30 - 2:00 PM



BOUNCING BACK FROM DISAPPOINTMENT, DIFFICULTY, AND EVEN DISASTER

\$10 at the door for lunch and training

**The program starts promptly at 12:30PM.
Be sure to arrive 10 minutes early so we
can seat you on time.**

Location: Aurora Santa Rosa Hospital
1287 Fulton Road
Santa Rosa, CA 95401

People do learn and grow from meeting the challenges and adversities of the human condition when they have support, resources and skills to do so.

This workshop offers practical tools informed by modern neuroscience to strengthen our somatic, emotional, relational, and reflective intelligences to deal with any disruption to coping, across the spectrum from barely a wobble, to genuine upset, to being dumped completely out of our boats.

Participants will be taught practices in breath, touch, movement, cultivating positive emotions and mindful self-compassion, self-awareness and self-acceptance, and mindful reflection that can shift the functioning of the brain out of contraction and reactivity into more receptivity and openness, more resilience. Through this process, we can reduce the impacts of stress and trauma, recover inner stability, create healthy resonant relationships, discern wise choices, deepen a sense of meaning and purpose, and move into thriving and flourishing.

Linda is an experienced psychotherapist and mindful self-compassion teacher in the San Francisco Bay Area. Linda is the author of the award-winning, *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*, and a new book, *Resilience: Powerful Practices for Bouncing Back from Disappointment, Difficulty, and Even Disaster*. Linda integrates modern neuroscience, mindfulness, and relational psychology in her national and international trainings.

ABOUT LUNCH & LEARN

Come join us at Aurora Santa Rosa Hospital every month for a new Lunch & Learn workshop. Eat lunch, socialize and learn more about important topics presented by experienced, practicing professionals. At the conclusion of each workshop, we will give tours of our facility for those who are interested.

PERINATAL MOOD DISORDERS

With Allison Murphy, MFT

THURSDAY, MARCH 21 | 12:30 - 2:00 PM

Director and Clinician, Allison Murphy MFT, is the Co-Creator and Director of Mothers Care addressing unmet Perinatal (pregnancy to one year postpartum) mental health needs in the local community.

If you are interested in attending this workshop contact Jane Rogan at (707) 548-3573 or jane.rogan@aurorabehavioral.com for a seat reservation.