

# NERVOUS SYSTEM RESET

In this virtual weekly sessions series you'll engage in body-based grounding techniques, practice trauma-informed yoga, and learn how these practices help improve emotional and physical well-being.

This program is open to anyone who wants to manage strong emotions like anxiety, depression, or trauma responses.

## FACILITATOR

**Clare Karasik, MSW, RSW**

Family Service Toronto Counsellor

## DATE & TIME

**Fridays, 10 - 11 a.m. on Zoom**

March 13 - May 8, 2026 (no session on April 3)

## REGISTRATION

The webinar is free. To register or for more information contact Family Service Toronto - Service Access Unit:

**416.595.9618**

**sau@familyservicetoronto.org**