

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
October 2 - December 18, 2026

REGISTRATION

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

416.595.9618
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