



NEW YORK STATE
TRAUMA-INFORMED NETWORK
AND RESOURCE CENTER

Breath-Body-Mind™

Information Sessions

The focus of these free, virtual sessions is to provide information to organization leaders and administrators about the BBM offerings available to frontline workers. Participants will be provided with informational materials and a schedule of 2023 Practice Sessions and 4-Week Workshop Series which can be shared within their organizations. In addition, they will learn about BBM practices: simple, but powerful breathing exercises, gentle movement, and relaxation that can be used in order to quickly reduce stress and increase resilience.

ALL Breath-Body-Mind™ Practice Sessions, Workshops, Trainings, and opportunities hosted by the New York State Trauma-Informed and Resource Center (NYSTINRC) are open to all New Yorkers and are free of charge.

These virtual
45-minute
sessions will be
held at 12 pm
on the following
dates in 2023:



There will also be BBM information sessions held at Join the Journey, the first Annual TINRC Conference, on November 2 + 3 in Lake George, NY. Sign up today by emailing support@traumainformedny.org.

Accommodations

NYSTINRC and the BBM Foundation are committed to providing access and reasonable accommodations for individuals with different abilities and/or disabilities during all provided programming. If you require accommodations for virtual or in-person events, or have additional questions, please contact BreathBodyMind.TINRC@ccsi.org.

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