



NEW YORK STATE
TRAUMA-INFORMED NETWORK
AND RESOURCE CENTER

Breath-Body-Mind™

Workshop Series

Breath-Body-Mind™ (BBM) teaches gentle evidence-based, trauma-sensitive practices that provide rapid stress relief and, with practice over time, that also improve stress 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.

BBM 4-Week Workshop Series

The Breath-Body-Mind (BBM) 4-week Workshops are open to anyone who wants to learn the basic BBM practices. The series will help each person build their practices to support self-care. Helpful suggestions and coaching, by trained teachers, will also be provided.

Each session begins at 12:00 pm and is one hour. These workshops are free and open to all; however, registration is required.

BBM Workshop Series 2 Dates



**INFORMATION
HERE!**

Tuesday, Sept. 26, 2023

Tuesday, Oct. 3, 2023

Tuesday, Oct. 10, 2023

Tuesday, Oct. 17, 2023

After you register, you will receive a confirmation email from Zoom with the training link and information about joining the meeting. Each Workshop Series is a 4-week commitment. Please plan on attending all 4 sessions. You only need to sign up for 1 workshop series.

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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BreathBodyMind
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