Quick & Simple Stress Relief with

Breath-Body-Mind™

BBM Practice Sessions

English sessions are offered **every Tuesday** at

- **6:00 AM for 30 minutes**
- **12:00 PM for 30 minutes**
- **8:00 PM for 45 minutes**

Spanish sessions are offered **every Wednesday** at

- **8:00 PM for 30 minutes**

Breath-Body-Mind™ is a set of gentle exercises that are based on science and designed to help ease stress and calm your mind and body. Our virtual sessions are free and open to all New Yorkers.

Open to All!

Everyone is welcome! If you need accommodations or extra assistance joining our sessions, email us at **tinrc@ccsi.org**.

Our Mission: Helping You Thrive

The **New York State Trauma-Informed Network and Resource Center (NYS TINRC)** is a virtual network funded by the NYS Office of Mental Health. We help people learn, grow, and better understand trauma.

Scan here to join

or visit us online at **traumainformedny.org**

NEW YORK STATE | Office of Mental Health

New York State Trauma-Informed Network & Resource Center

BreathBodyMind Foundation