

RECOVERY

ROCKS!

A Somatic Climbing Group for Teens

MONDAYS

4-6 PM

JUNE 19TH-SEPTEMBER 4TH

at Movement Portland

COST \$1000

(PLUS DISCOUNTED GYM FEES)

This group will teach:

- Build safety, confidence, and esteem
- Set goals and overcome perceived limits
- Change your relationship with fear and failure
- Develop Grounding Techniques & Mindfulness Practices
- Develop trust, intimacy, and internal control in a group setting
- Build skills and be active in the community!

FACILITATED BY:

Taralynn Rayburn, LICSWA, CIP, QMHP, CADCI III & Matt Matteini, MPH, LCSW(c)

contact:
Info@mattmatteini.com

