Students who are experiencing nightmares, panic, or feelings of disconnection will practice skills for cultivating a greater sense of safety, reconnection, and emotional balance to support improved sleep and physical health.

Female-identified students only at this time. You do not have to pre-register and can attend as many seminars as you would like.

**2:30 - 4 PM | THURSDAYS | ROOM 250, SHC**

- **SEPT 13**  Finding Calm
- **SEPT 20**  Changing the Script
- **SEPT 27**  Reclaiming Your Life

**2:30 - 4 PM | MONDAYS | ROOM 250, SHC**

- **OCT 29**  Finding Calm
- **NOV 5**  Changing the Script
- **NOV 12**  Reclaiming Your Life