

South Plainfield Public Library Presents:

Grounding: Using the Wisdom of Your Body to Relax & Focus



Animals in the wild are frequently threatened by predators. But they don't become neurotic, stressed-out and depressed. In this workshop you will learn 2 fundamental skills of Somatic Psychotherapy to help you to calm, soothe and strengthen your nervous system to deal with the stresses of your life.

Jacob Winkler, LCSW, CGP, CAMS-II is a psychotherapist in private practice in Highland Park, NJ. He leads workshops on Somatic Psychotherapy and runs groups that help people be more embodied in their lives. www.grouptherapynj.com

Monday January 11 at 4pm

REGISTRATION REQUIRED

Visit southplainfield.lib.nj.us to register for this event. Once you have registered you will be sent the link to join the program.

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