

The Heart of Self-Care

Friday, February 13

5:30 – 7:00pm

at Here Tomorrow: 900 3rd St., Neptune Beach, FL 32266

Join Here Tomorrow & Project Human for a chance to focus on **YOU by exploring new tools for self-care!**

Join us for a fun workshop designed specifically for you to spend time dedicated to caring for yourself. Through intentionally built activities facilitated by Project Human, we will explore topics like gratitude, boundary-setting skills, & self-care in a safe, low-pressure environment.

You are welcome to bring a support person with you!

All supplies will be provided; you only need to bring yourself!



Expression, Connection, & Healing Opportunity