



*We Provide the Tools to Build Strong Futures*

## SELF-CARE RETREAT

# Hope After Loss

### THE STORY BARN

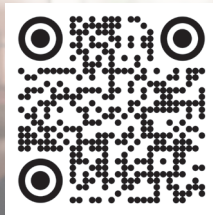
952 Main Street  
Somers, Connecticut



**SAT. SEPT. 30<sup>TH</sup>**  
RAIN DATE OCT. 7<sup>TH</sup>  
**1 - 6 pm**

- **Yoga, Meditation & Art Project**
  - Refreshments & Dinner
  - Smores by the Bonfire
  - Limited Spaces!

**Registration closes September 17<sup>th</sup> 2023**



**Scan the Code to Register  
or email [heypaula@friedab.com](mailto:heypaula@friedab.com)**

[www.tricircle.org](http://www.tricircle.org)



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