



We Provide the Tools to Build Strong Futures

SELF-CARE RETREAT

Hope & Support

THE STORY BARN

952 Main Street
Somers, Connecticut



SUN. OCT. 1ST
RAIN DATE OCT. 8TH
1 - 6 pm

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

Registration closes September 17th 2023



**Scan the Code to Register
or email heypaula@friedab.com**



www.tricircle.org



- Education
- Resources
- Community Engagement