

HEAL WITH TEAL

YOGA & TEA
FOR SURVIVORS

#HEALWITHTEAL

#SAAM2023

@GBV.ARIZONA



Join us for Trauma-Informed Yoga at North Rec in the Sunset Room lead by CAPS counselors & certified instructors. Followed by tea & conversation with Alyssa Hard (*she/her*), a grief-informed teacher, herbalist, and doula.

All yoga equipment provided!

WEDNESDAY, APRIL 19 FROM 6-7:30PM
w/ Melissa Keller, LCSW, SEP, RYT (*she/her*)

THURSDAY, APRIL 20 FROM 3:15-4:45PM
w/ Wyatt Kayner, LSWAIC, RYT, TCTSY-F (*he/him*)

SCAN FOR



MORE
EVENTS



CAMPUS HEALTH
**SURVIVOR
SUPPORT**



COLLEGE OF SOCIAL & BEHAVIORAL SCIENCES
**Consortium on
Gender-Based Violence**