



FamilyMeans
COUNSELING & THERAPY

FamilyMeans Supporting YOU

FamilyMeans' mission is to strengthen communities by helping individuals and families through challenges in all life stages. FamilyMeans envisions vibrant and resilient communities where everyone lives to their fullest potential. Our work is life's challenges.

Life's challenges have never been more visible or felt than in 2020. FamilyMeans wants to support YOU, the vital parents who continue to be flexible, learn, innovate, and help educate through it all. Students are lucky to have all of YOU on their team through this challenging year. It takes a village! That village needs to be taken care of too.

If you are feeling overwhelmed, stressed, anxious, depressed, or just need a few minutes to yourself this year FamilyMeans is here to support YOU. We partnered with a local yoga instructor, Lisa Reiner, to compile the following Mindfulness & Yoga activities for you to do anytime, anywhere.

- [Sun A/S Sun A/Sun B Flow](#)
- [Gentle Class for Head & Neck Tension](#)
- [Gentle Class for Releasing Tight Hips](#)
- [Loving Kindness Meditation](#)
- [61 Points of Light Meditation](#)
- [Slow Flow Practice](#)
- [Power Flow Practice with Guest Suzy Schaak](#)

If you, or someone you know, needs a bit more support, FamilyMeans clinicians are here to help. Please call 651-439-4840 or go to our [FamilyMeans website](#) to schedule an appointment.

Thank you for all you do for students and families!



FamilyMeans
BETTER IS POSSIBLE

www.familymeans.org | 651-439-4840 | 800-327-3203

