



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 school staff who continue to learn, innovate, and 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 vent this year FamilyMeans is here to support YOU. We are offering support in 2 ways:

R&R consultations with a clinician: FREE 1-2, 20 minute consults with a clinician (not therapy)

Contact Diane Cragoe, School-Based Supervisor Office: (651) 789-4054 Email: dcragoe@familymeans.org

Mindfulness and Yoga Activities: Mindfulness and Yoga activities to complete anytime, anywhere. FamilyMeans partnered with a local yoga instructor, Lisa Reiner, to compile these videos for you.

[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](#)

Thank you for all you do for students and families!



FamilyMeans
BETTER IS POSSIBLE

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

