

A **NEW, six-part, back-to-school series** for parents and caregivers powered by Transform for Tomorrow and Remake Learning Days Across America

## SO NOW WHAT?

**HELPING PARENTS & CAREGIVERS NAVIGATE A SCHOOL YEAR LIKE NO OTHER**

You and your family are in the middle of what is already an unprecedented start to the school year, not to mention all we experienced last spring. You're processing lessons already learned, adjusting to new ways of preparing your kids and often figuring it out for yourselves.

A lot of us are asking...So Now What?

The **So Now What?** virtual series brings the country's leading experts in education and childhood development, including PBS Kids, Common Sense Media, Learning Heroes and UPMC Children's Hospital, together with parents and caregivers to share and learn from one another. We will cover a range of topics specific to this moment in time, including social emotional wellness, mental health, learning resources, communication, tech safety and much more.

**Together we will navigate the start to this new, uncharted school year, and make plans for what comes next, no matter what tomorrow brings.**



### WHEN:



Every Wednesday evening  
in September 2020

All sessions are FREE and open to all!

### WHERE:



Sessions are held  
virtually via Zoom.us

### HOW:



To register, please visit:

<http://bit.ly/SoNowWhatSeries>

A collaboration with



## Women of Wellness, W.O.W. Group

By Jana Morris

BANGOR - A Clean Slate Recovery Center recently held Women of Wellness, W.O.W. group meetings on Thursday evenings from 6:30-7:30pm and invited the community at large to participate. Although our programs are geared towards individuals in recovery, this group was open to all women from the surrounding community who were seeking the multiple pathways of wellness and self-care.

The meetings lasted 17 weeks and began in August of this year during these unprecedented times. It was imperative to focus on wellness and how sharing in self-care avenues for women can help us stay healthy. With masks and lots of hand sanitizer, we safely gathered in order to participate in many activities such as ART Mural Walks, Mindfulness exercises and practice.

The group was further enhanced by many Professionals who came in and donated their time, talents, and expertise to the group. Bangor's Greenleaf Massage, Marissa Spencer, Owner, Licensed Massage Therapist came to teach the benefits of massage therapy for Wellness and self-care techniques. The group learned of a newer class where YOGA and Massage are both incorporated together. YOMA, is a wonderful way to get the benefits of both in one class!

Deb Knoics, MA ATR-BC ATRC, Art Therapist lead the group of Women in art therapy using Guided Imagery and help us explore how this exercise can

quiet the mind and keep women focused on the present moment for healing from substance use disorder, trauma, and other struggles like anxiety and so much more.

Restorative Yoga Instructor, and TERRA essential Oils Wellness Advocate, Alysha Pfeiffer joined the group in September and led them thru a Restorative Yoga exercise along with teaching them about Abundance using the essential oil scent of ORANGE.

Synchronicity Recovery Foundation and Northampton Drug and Alcohol sponsored a night of Wellness using the power of music and creativity with Ukulele Night, taught by Jim Roney., Music Teacher and local musician from Bucks County. Playing for 40 years now and teaching the guitar full time as well, Jim taught and provided the Ukuleles for the night and everyone had a wonderful time exploring music as a Wellness pathway. You can check out what Jim is up to at [www.jummerostudio.com](http://www.jummerostudio.com) for more information.

Besides all this the group engaged in Kindness Cards, and Pumpkin painting, several other Guest Speakers on Recovery and Wellness Pathways spoke and presented to the group. Teachings on Negativity Bias, Self-Care, and Mindfulness Gratitude were facilitated by Dale L Harris, Certified Recovery Specialist, and Coordinator at A Clean Slate. The group kept things moving with a Zumba basics class, Dance Aerobics to 80's music, and making Positivity Affirmation Jars to take home.

To round it all out they ended the series with Belly Dancing as a workout for the physical body. Special instructors taught a Jingle Bell Rock theme routine as well as taught the women the benefits of a belly dance routine and all its physicality as a workout! A special thanks to the women who taught this, and all the belly laughs generated it truly boosted the immune systems of its participants.

A Clean Slate Recovery Center would like to thank all those responsible for making this series on Women of Wellness such a success and we look forward to offering more programs in the Spring 2021 like this one. If you are interested in learning more, "Like" A Clean Slate on Facebook or send an email to [info@cleanslatebangor.org](mailto:info@cleanslatebangor.org) be part of our mail chimp. The Drop-in center's hours are Mon.10am-3pm, Tues 11am-7pm, Wed 2pm-7pm, Thur 10am-5pm, Fri 10am-5pm, Sat 10am-2pm. Closed on Sundays.



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