



Participant Reviews

“Myrna is fun!”

“her engaging style both makes me laugh and think!”

THURSDAY, APRIL 22

FROM 3PM TO 5PM ON ZOOM

“How to Create a Bag of Tricks for Spring” with Myrna

A highly interactive exploration about the ways to support our own mental health in the changing season, and the changing times.

“I like it that she engages everyone in the group to participate”

“I don’t need a cop, or an ambulance, or a fire truck at this moment; I must be alright!”

