



Capital District Community Healing

The Mental Health Association in New York State, Inc. (MHANYS), in partnership with the Kripalu Center for Yoga & Health, is offering Capital District residents a series of free presentations designed to incorporate mind-body strategies for lasting effects on personal and collective healing.

MHANYS is offering 3 presentations and Kripalu will close out the series with Share Circles: The Healing Power of Listening and Being Heard. Sign-up early, space limited! Registration for each presentation is required. Register at www.mhanys.org

Grief: The Most Universal of All Feelings **September 30th from 2-3pm**

Presented by MHANYS

There are invisible aspects of grief and loss that impact the health of our mind, body and spirit. Supporting the grieving process will ensure that grief is not categorized as a disease but an essential part of our wholeness as human beings and the precursor for healing.

The Practice of Self-Compassion for Mental Health **October 7th from 2-3pm**

Presented by MHANYS

For those of us managing our mental health and healing, our internal thoughts need to support us. The practice of mindful self-compassion regulates our emotional health through compassionate responses rather than harsh criticism. Interpersonal neurobiology suggests we are designed to respond well to being treated kindly.

Cultivating a Culture of Belonging & Community Well-Being **October 14th from 2-3pm**

Presented by MHANYS

It is in our relationships with each other that we heal and that we build the foundations for movements that can make big changes in our personal and community well-being. But we cannot ignore what will stop good intentions in its tracks - a sense of not belonging. Creating a culture of belonging supports those who do not feel a sense of belonging and dismantles "othering".

Share Circles: The Healing Power of Listening & Being Heard **October 21st from 2-3pm**

Presented by Kripalu

Share Circles is one of the oldest, richest teaching of Swami Kripalu and supports conscious communication— deep listening and clear speaking—to help us avoid the verbal misunderstandings that lead to confusion and separation. It helps us build trust in self and others.