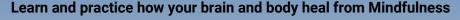
Mark Perry (he/him)
Groups Facilitator
Steps to End Domestic Violence
P.O. Box 1535 Burlington, VT 05402
802-658-3131 x1056

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Starts April 15
Meeting on Fridays
From 10:00am—10:30am



- ⇒ Less activation in the fear center of the brain (amygdala)
- ⇒ Increased activation of the thinking center (prefrontal cortex)
- ⇒ Increased activation of the self-regulation center (cingulate)
- ⇒ Deep Breathing for 45 seconds can provide a "hug" to your organs
- ⇒ Become mindful and accepting of your emotions and thoughts

Via Zoom

Meeting ID:

857 5973 8627

Passcode: 518069

