**Fall 2023- Wildflower Alliance online and phone supports**

**Support is just a click away!!**

[**https://wildfloweralliance.org/online-support-groups/**](https://wildfloweralliance.org/online-support-groups/)

Here are just some of the online support groups they offer…

 **Morning Mindfulness Circle**

**Alternatives to Suicide**

 **Wildflower Alliance LGBTQIA+ Support Group**

Come join other LGBTQQIA+ folks to talk about extreme states, gender, sexuality, trauma, community and life in general. This group is based in peer-to-peer support, so whether or not you’ve been given a psychiatric label (or any other label not of your choosing) we can have conversations, not based in clinical language, that support each other to speak from our own language and tap into our own wisdom.

 **Grief Support Group**

This group is a space where people can talk about their grief, loss, despair and all of the many emotions that are woven within those experiences. It is a confidential space, where advice giving and/or fixing is discouraged and space is made for people to make meaning out of their own experiences.

**Trauma Sensitive Yoga**

Yoga can be a helpful way to get in touch with our own body, mind, and spirit through movement, breathing, and being present. This class will offer many choices to explore yoga forms (asana, or postures), stretching and strengthening, resting, and breathing. Everything offered is an invitation and nothing is a requirement that you follow along. The emphasis of this class is not how well one does a form but on finding more connection to our body and making choices that bring awareness and support to our individual experiences and needs from moment to moment. The practice is low-impact and open to all levels of experience.