

# Self Care for a Healthy Self

**7:30—9:30 PM**

**At Mandana  
Community Recovery  
Center**

**Oakland, Calif.**

**Workshop  
For  
Adults**

**\$5 to non-members  
Free to members**

Laura Gardner & Mandana  
Community Recovery Center

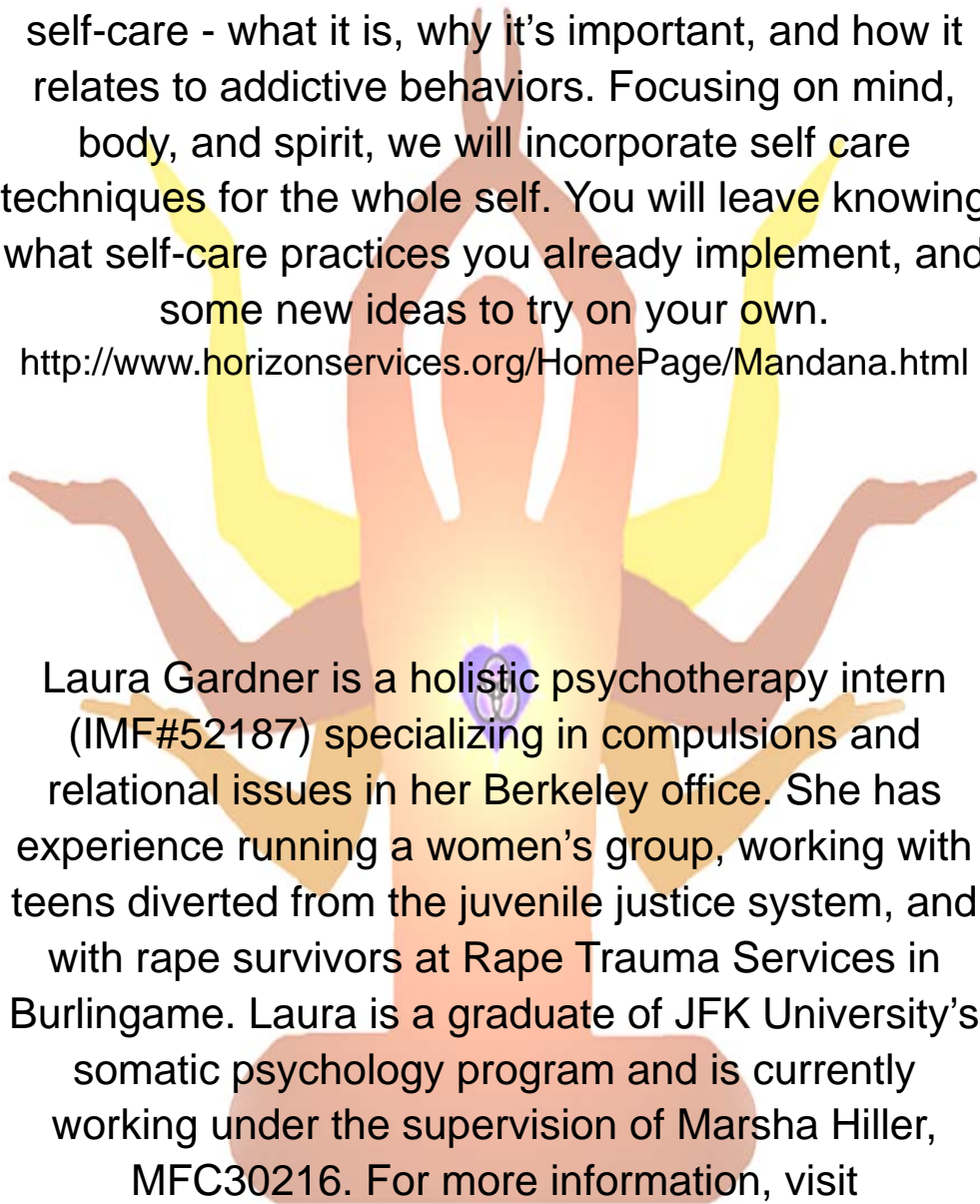
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**April 28, 2009**

In this workshop, we will explore the theme of self-care - what it is, why it's important, and how it relates to addictive behaviors. Focusing on mind, body, and spirit, we will incorporate self care techniques for the whole self. You will leave knowing what self-care practices you already implement, and some new ideas to try on your own.

<http://www.horizonservices.org/HomePage/Mandana.html>



Laura Gardner is a holistic psychotherapy intern (IMF#52187) specializing in compulsions and relational issues in her Berkeley office. She has experience running a women's group, working with teens diverted from the juvenile justice system, and with rape survivors at Rape Trauma Services in Burlingame. Laura is a graduate of JFK University's somatic psychology program and is currently working under the supervision of Marsha Hiller, MFC30216. For more information, visit <http://www.holisticgardner.com>