

FAMILY NURTURING CENTER

Spring 2023 Classes

Holistic and Wellness Classes



Non-traditional services to help you heal from trauma and live your best life.

Self Defense with Sensei Sarah

6:00-8:00 PM | Florence Office

April 20, June 8 (Sessions for women 16+)

May 11 (Session for men 16+)

Self-defense can be a source of growth and empowerment. In this class we will learn about how to be prepared and protect ourselves from unexpected confrontation.

Self Defense Part 2 with Sensei Sarah

6:00-8:00PM | Florence Office

June 22 (Part I is a prerequisite to take Part 2)

(Women 16+)

This class will explore additional skills and build on information learned in Part 1.

Relax, Meditate, Contemplate with Tisa

Mondays, 7:00- 8:00 PM | Virtual on Zoom

April, May, June

Learn to meditate. Learn some relaxation and self-care techniques so you can calm and soothe yourself through new coping skills. Research has shown meditation and self-soothing skills to be of infinite value in healing from trauma and in bringing peace and happiness in our lives.

Express Yoga with Sara

Thursdays, 7:30- 8:00 AM | Virtual on Zoom

April, May, June

Positive movement of the body brings the opportunity to improve concentration, focus and regulation of the bodies nervous system. Anger management, stress reduction, attention, focus and positive body images are all examples of benefits.

Monday Motivational Yoga with Sara

Mondays, 7:00-7:30 AM | Virtual on Zoom

April, May, June

This class will be a keystone to start the week based on a different inspirational quote or idea that will inspire the practice movement. Through the practice of yoga we can empower and improve self image and invigorate our days!

Tai Chi with Susan

Tuesdays, 5:00-6:00PM | Florence Office

April, May, June

Tai Chi is a calming and center practice that allows for redirection of feelings to a healthier place. Each week the individuals will learn basic Tai Chi Principles, how to safely perform the forms, and how they can used as a form of stress reduction.

Register for our free classes at www.familynurture.org.

Class descriptions are also available online.

Questions? Contact Jenny Smith at jenny.smith@familynurture.org or 859-525-3200



"Family Nurturing Center is supported in part by funds from Grant Number VOCA-2022-FamilyN 000106 awarded through the Kentucky Justice & Public Safety Cabinet (KJPSC) by the U.S. Department of Justice (USDOJ). The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of Family Nurturing Center and do not necessarily reflect the view of the KJPSC or USDOJ"

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Essential Oils with Kim

Wednesday, 6:00-7:00 PM | Florence Office

Traumatic events have many effects on the body, mind and spirit. Often, a holistic approach using a variety of modalities promotes the greatest healing. Gentle, non-invasive techniques, such as essential oils can encourage our body/mind/spirit to strengthen and heal each step of the way.

May 10

Come learn about emotional aromatherapy and the benefits of using essential oils. In this class we will be making a lava bead diffuser bracelet. A perfect gift for Mother's Day

10 person maximum.

June 7

Come learn about the hidden toxins in many of the products we use in our homes. Learn to replace them with simple natural solutions and make a toxin free all natural after sun spray.

10 person maximum

Introduction to the Enneagram with Tisa

Saturday, 10:00-12:00 PM | Florence office

May 13

Learn about the 9 Personality Types of the Enneagram in this one evening workshop. Provides insight into the types of people in your world. Learn to understand and appreciate your partner, family, friends, and co-workers. Feel more confident in relationships, decrease trauma triggers, understand and empower yourself. A fast-paced interactive class!

Global Water Dances with Mandy

Thursdays, 6:30- 7:30 PM | Florence Office

April 27, May 4, 18, 25, June 1

Saturday, June 10th (Location and time TBA)

Heal through movement- explore gentle breath, body work, stretching and contemporary dance styles.

Movement can help you feel more connected to yourself and the world as you process trauma and heal. A voluntary community dance will take place on the final day during the World-wide celebration and will be near a local waterway.

Gaslighting with Tisa

Tuesdays, 6:30-8:00 PM | Virtual

April 18, 25

Gaslighting- How do you identify when it is happening? Gaslighting can make you question your own reality, doubt your own perceptions, and become upset, distressed, and confused. In this series you will learn what gaslighting is and how to trust yourself again once you have experienced it.

Break the Habits with Tisa

Wednesdays, 7:00- 8:00PM | Virtual on Zoom

May 10, 17, 24, 31, June 7

Emotional eating, cravings and habitual behaviors are a struggle for many. In this series we will focus on what triggers us to crave comfort and choose familiar patterns of unhealthy behavior. We will support each other on a journey of changing our minds and releasing old habits while learning about body systems and the effects of stress and trauma.

Contact us: 859-525-3200 | info@familynurture.org | familynurture.org

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