



WELLNESS SPACES



Greater Richmond SCAN is excited to create wellness spaces for local organizations to provide staff members an opportunity to practice wellness and self-care techniques, which can be great for team building. We can offer one activity or provide several options for participants to choose from. These wellness spaces are often paired with one of our expert trainings, such as Impact of Trauma Exposure on Professionals or Self-Care & Wellness.

WELLNESS ACTIVITIES

Choose from our popular activities or work with us to design something unique for your group!

- **Making Scented Shea Butter:** Participants will be able to choose essential oil combinations to create their own jar of scented shea butter. Printouts of common essential oil combinations will be provided.
- **Painting Mini Canvases:** Participants will be able to express their creativity by painting mini canvases. A list of prompts will be provided, and participants will have the opportunity to share with the group what they chose to paint.
- **Creating Glitter Jars:** Participants will be able to create their own glitter jars. These can be helpful tools for regulation in kids and adults.
- **Developing a Self-Care Plan:** Participants will be able to create an individualized self-care plan that helps to prioritize wellness. Printouts of a self-care inventory as well as a self-care plan will be provided.
- **Taking a Mindful Walk:** Participants will be able to learn about ways to incorporate mindfulness into an outdoor walk. Printouts will be provided for several options for mindful walks.
- **Relaxing through Massage:** Participants will be able to use a limited number of neck and back massagers within the wellness space. This helps to induce a state of relaxation in participants.

Rates vary by length of session, number of activities chosen, and size of group. Base rate is \$150/hr during the wellness session plus costs related to prep time and supplies.

For More Information, contact Joey Feldman at jfeldman@grscan.com