We typically don’t embrace what we don’t understand, control, or predict.

*Miles Adcox*
Share how you’re feeling using the link in the chat.

How Are You Feeling?
Deny ➔ Explore
Resist ➔ Create
Numb/Medicate ➔ Connect
Frustration → Door of acceptance → Freedom
Love is the opposite of fear.
Emotional Health Exercises

- Eye of the Storm
- Panic Party
- Family Meditation/Special Time
- Separating the Urge from the Action
- Use the Breath
- Feelings Jar
EXPERIENCE ONSITE ONLINE!

Make the most of the time we have in this uncertain season to reground, rediscover, and reconnect with yourself.

ONLINE INTENSIVES

2-4 day Online Individual and Couple Intensives

Online Song Workshop
ONSITE’S FREE RESOURCES

**WEEKDAYS - 4PM CST**
Weekday Instagram Live with Miles Adcox and Friends - @milesadcox

**DAILY - 5PM CST**
Daily Instagram Live 5 Minute Feelings Check-In - @onsiteworkshops

**Two Weeks of Self-Care PDF**
Daily activities and content from our clinicians to help you stay centered

**Weekly Webinars**
Focused on the themes our community is in most need of insight on
We’re all feeling the stress and anxiety of this uncertain season. Our Online Workshops create a space for you to explore and address the things that have been holding you back in order to come out of the other side of this time more grounded and more connected.

**GROUP PROGRAMS**

- **Online Living Centered Program**
  **APRIL 6-9**

- **Online Healthy Sexuality & Intimacy Program**
  **APRIL 13-16**

- **Online Living Centered Program**
  **APRIL 19-22**

- **Online Healing Trauma Program**
  **APRIL 26-29**