

A weekly gathering designed to support your personal growth and mental well-being.

RISE UP EAU CLAIRE



WEDNESDAYS AT 6PM

JOIN IN-PERSON OR VIRTUAL!

WE'LL EXPLORE TOPICS LIKE:

- Mental health & emotional resilience
- Nervous system regulation tools
- Building healthy, supportive relationships
- Practical steps for personal growth

WHAT TO EXPECT:

- 30 minutes of learning -- Fresh insights, tools, and practices you can use right away and connect.
- 30 minutes of conversation and open discussion where you can share, listen,



Scan for more information!



CLICK HERE
FOR THE ZOOM MEETING

EC YMCA
2nd Floor Conference Room
700 Graham Ave,
Eau Claire, WI 54701

VISIT:
RISEUPEAUCLAIRE.COM