

# SAPR, IP&R & American Red Cross

Present

## CREATING CALMNESS

### Reconnection Workshop

Offers techniques on using communication skills, stress-reduction exercises and relaxation tools to bring calmness and wellbeing during times of high stress.



Minuteman Common,  
Heritage rm, Hanscom,  
AFB, MA 01731



1000-1100  
19 April 2023

SAPR strives to partner with varied agencies to offer diverse supports aimed at recovery and care. This year, we are happy to have the opportunity to work alongside the American Red Cross and the Integrated Prevention & Resiliency Office (IP&R)!

Register at:

<https://www.surveymonkey.com/r/MSGN3FM>

**Come and join us!**



SEXUAL ASSAULT  
AWARENESS & PREVENTION  
MONTH (SAAPM)