LISTENING CIRCLES
For those who care for children and youth with special needs

An opportunity to listen and be heard

Listening circles provide a space for a small group of people with shared experiences to come together. Each person will respond to four reflective questions, while the other participants simply listen. This is an opportunity to share with the purpose of listening, storytelling, and connecting.

Specially trained public health nurses from Snohomish Health District will facilitate the process.

Practice some self-care and come participate with us over Zoom on Monday August 16 3:00 - 4:30 pm or Wednesday August 18th 9:00 - 10:30 am

Contact Sue Starr at sstarr@snohd.org to learn more or sign up