



# THE RESILIENCY CENTER

## *A Healing Arts Collaborative*

Creating resiliency in individuals and the community through a trauma-informed approach to integrative wellness, community education, and professional development.

The Resiliency Center offers multiple approaches to healing:

- Couples Therapy
- Grief Counseling
- Creative Arts Therapy
- Empowerment Groups
- Dance/Movement Therapy
- EMDR
- Craniosacral Therapy
- Acupuncture
- Energy Healing
- Aromatherapy
- Meditation
- Massage Therapy
- Yoga
- Community Education

## *Join Us for the 1st Annual Resiliency Center Wellness Day*

FREE TO THE WHOLE COMMUNITY!

SATURDAY, SEPTEMBER 27  
10 A.M. - 2 P.M.

602 S. BETHLEHEM PIKE, AMBLER, PA 19002

### *Free sampler events throughout the day!*

- Meditation
- Aromatherapy
- EFT Energy Healing
- Yoga
- Creative Arts
- And Lots More!
- Massage
- Nutrition

Delicious food, friendly people, and a chance to meet all of the skilled & caring practitioners who are here to support you at The Resiliency Center.

*Learn more about The Resiliency Center at [www.theresiliencycenter.com](http://www.theresiliencycenter.com)*

Contact Elizabeth at 215-542-5004 or [elizabeth@theresiliencycenter.com](mailto:elizabeth@theresiliencycenter.com) for more information.