

November 21-January 22 Series

Nov 5 – Selena (SHARE Introduction)

Nov 12 – Chris (Biofeedback)

Nov 19 – Selena (Expression & Reflection – Care Languages)

Nov 26 – *Holiday off*

Dec 3 – Tammy (Puppets)

Dec 10 – Selena (Expression & Reflection - Values)


Dec 17 – Chris (Expressive Writing)

Dec 24 – *Holiday off*

Dec 31 – *Holiday off*


Jan 7 – Selena (Expression & Reflection)

Jan 14 – Celebration for all!



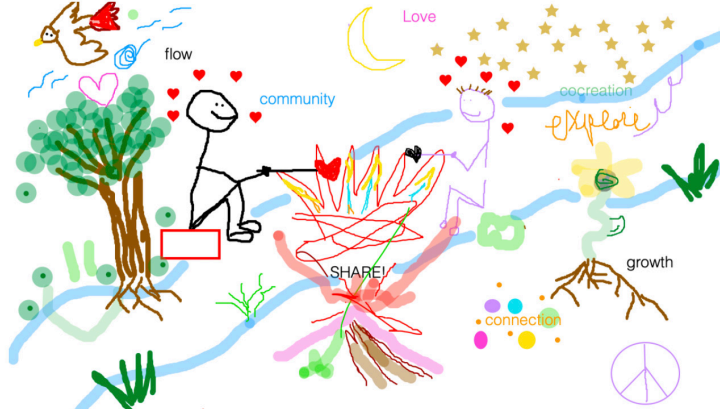
Build human connections to reduce isolation and improve quality of life:

- Championing Differences
- Cultivating Compassion
- Honoring Human Dignity
- Supporting Unconditionally
- Taking Care of Each Other



Nurture health and inspire well-being in all people:

- Collaboration
- Compassion
- Empowerment
- Equity
- Focus on wellness
- Whole-person care



Connection	Movement	Immersion	Awareness	Expression
<ul style="list-style-type: none">• Good company• Quality time• Laughter• Animals• Nature	<ul style="list-style-type: none">• Walks• Dancing• Hiking• Bicycling• Skating	<ul style="list-style-type: none">• Listening• Cooking• Savoring• Baths• Reading	<ul style="list-style-type: none">• Breathing• Reflecting• Psychotherapy• Meditating• Yoga	<ul style="list-style-type: none">• Drawing• Poetry• Making playlists• Record digging• Films & TV series

Reflection on puppets and spontaneous expression:

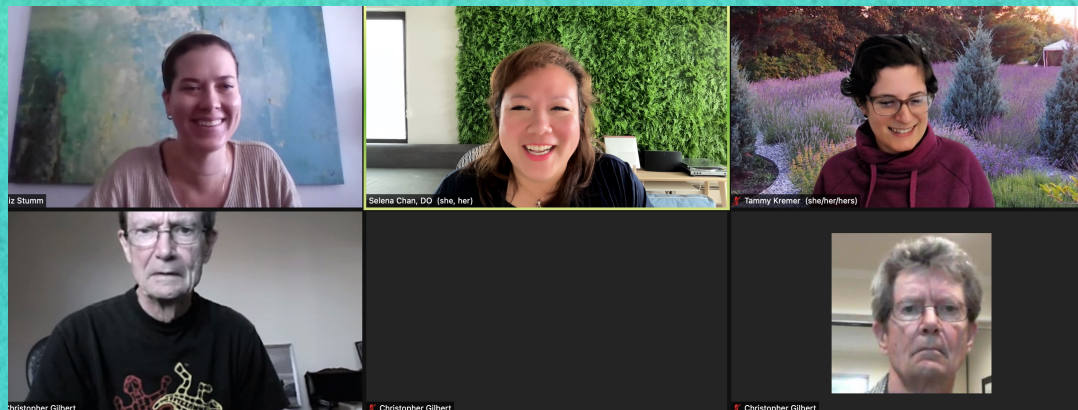
- Loosening
- Fun, whimsical. Childlike-time. Shared community.
- Juvenile at first. Co-zoomies helped me participate.
- Playful, joyful, freeing.
- “most people don’t play enough... is this just for kids?”
- Imaginative. Ok to be silly.
- Set of parts of myself.
- Campfire, reactions, sparks
- Fun, choose ridiculousness, absurdity, energizing, simple = evocative. Creating something from nothing!
- **Trust** helped overcome safeguards. Delved deeper into insights, realized I’m not doing enough as I used to.
- Dogs = playfulness. Cats? Diversity, equity, and inclusion? Cross-species collaboration on what is play.
- Show and tell.
- Get past inhibitory parental messaging – fitting in.
- Delighted to be with friends.
- Transcendence of our normal ways of being = opening. Go beyond boundaries. Exploration. Opening up voice. More can come forward.
- Courage to be vulnerable (Brene Brown)
- I forgot I had access to this other way!
- Is my spontaneous self ok to show?
- Remembering some of the challenges are funny.
- We don’t laugh in isolation? Laughing alone is ok.
- Doesn’t the joy of being overcome you? Intimacy with own humanity.
- Words are art. Make our own language. Ok to go beyond the boundaries of a definition.



Sir Froggalot| Tammy Kremer (she/her/hers)

Because Tammy likes a lot of frogs, sound of frogs, reminders of Trinidad

Parts of an integrated, whole-self?



10-minute Studio Space: What are your top 3 values? “Moral code” vs. When you feel in flow

Adventurous: adventurous; actively explore new experiences

Assertive: respectfully stand up for my rights and desires

Authentic: authentic, genuine, and real; true to myself

Caring: caring toward myself, others, the environment, etc.

Compassionate: act kindly toward myself and others in pain

Cooperative: cooperative and collaborative with others

Courageous: persist in the face of fear, threat, or difficulty

Creative: innovative or creative

Curious: curious, open-minded, and interested to explore and discover

Dedicated: continuing resolutely, despite problems or difficulties.

Encouraging: rewarding behavior that I value in myself or others

Excited: engaging in activities that are exciting or stimulating

Fitness-oriented: looking after physical and mental health

Flexible: adjusting and adapting readily to changing circumstances

Independent: choosing how I live and help others do likewise

Friendly: companionable or agreeable toward others

Forgiving: forgiving toward myself or others

Generous: contribute, give, help, assist, or share

Grateful: grateful for and appreciative of myself, others, and life

Honest: truthful and sincere with myself and others

Humorous: fun loving; to seek, create, and engage in fun-filled activities

Industrious: hardworking and dedicated

Fair: seeking justice for myself or others

Kind: nurturing, thoughtful, or caring toward myself or others

Loving: being affectionate toward myself or others

Open: reveal, and share myself, emotionally or physically

Orderly: structured or organized

Present: engaging fully in the moment

Respectful: treat myself and others with care and consideration

Responsible: responsible and accountable for my actions

Protective: secure, protect, or ensure my own safety or that of others

Skilled: continually practice, improve skills, and apply self fully

Supportive: helpful and available to myself or others

Trustworthy: loyal, faithful, sincere, and reliable