MELIORA WELLNESS & HARMONY AND ENVISION FAMILY SERVICES

Rest & Rise: Skills Series

Ground with yoga, grow with practice, stay to connect

***Trauma informed yoga provided by Calm Kids LLC.**
A certified TIY facilitator*

RESERVE YOUR SPOT TODAY!

We Accept Commercial & Medicaid:

Aetna
Anthem
Sentara
UHC
Humana (Medicaid only)

Self-Pay Welcome:

$40 per session or
$145 at front

Scan to register

or contact us at hello@yourmeliora.com

Contact Info

yourmeliora.com
envisionfamilyservices.com
email: hello@yourmeliora.com
757 659-8600

Why Attend "Rest & Rise" Skills Series?

Families experience moments of increased stress and emotional challenges throughout the year. This series focuses on strengthening caregivers trauma-informed skills that support stability, connection, and resilience when those moments arise.

January 31, 2026

1. Inside-Out Parenting™:

Connection-first parenting for trauma-impacted youth.

A hands-on, in-person workshop blending PCIT, TBRI, Trauma-Informed Care & CBT.

Guided by Envision's & Meliora's Shared Values:

- Confident
- Connected
- Cared For
- Communication
- Collaboration
- Compassion

Who This Series Is For:

- ✓ ***Parents***
- ✓ ***Foster & Kinship Caregivers***
- ✓ ***Social Workers***
- ✓ ***Case Managers***
- ✓ ***Community Partner Agencies***

February 21, 2026

2. The Science of Safety:

Why Kids Behave Better When They Feel Secure

Explore attachment, connection, and co-regulation — and why safety (not consequences) is the foundation of behavior change.

To register, contact us at:

hello@yourmeliora.com

Dates: January 31, 2026

February 21, 2026

February 28, 2026

March 21, 2026

Time 10am-12pm

Location:

2010 Old Greenbrier Rd. Ste. G

Chesapeake, VA 23320

February 28, 2026

3. Brains Under Stress:

Understanding Trauma & Regulation in Children

A digestible, brain-based training on how trauma impacts development, emotional control, learning, and everyday behavior.

Each session includes

- **30-45 minute skills session**
- **30-45 min Trauma Informed Yoga session**
- **Refreshments, community connection, take home resources**

March 21, 2026

4. Calm the Storm:

Co-Regulation Tools That Actually Work

Practical, highly interactive training focused on grounding skills, sensory support, and emotional stabilization.