

WE ARE HERE FOR YOU



“Learn from the past, set vivid, detailed goals for the future, and live in the only moment of time over which you have any control: now.” Denis Waitley

A FREE online support group for Caron Breakthrough Alumni.

Group Schedule

The six-week support group series will start on Friday, 4/24/20 at 11 AM Eastern Time.

Program components

The Breakthrough team is anxiously awaiting the return of our internationally recognized workshop “live and in person”! During the time of social distancing, the team would like to stay connected to our alumni by offering a weekly Breakthrough Alumni support group through the virtual tool Webex. Let’s virtually connect!



Series Content

Each week one of our team members will be hosting the Webex presenting the following topics:

Week 1 – Friday, April 24th at 11 AM Eastern

“Remembering The River and The Gingerbread”

Week 2 – Friday, May 1st at 11 AM Eastern

“Practicing Awareness & Self-Care”

Week 3 – Friday, May 8th at 11 AM Eastern

“Cushioning ourselves against the negative impact of the pandemic”

Week 4 – Friday, May 15th at 11 AM Eastern

“Creative Connections”

Week 5 – Friday May 22nd at 11 AM Eastern

“Wrapping ourselves in a mindfulness moment”

Week 6 – Friday May 29th at 11 AM Eastern

“Our powerful thinking distractions”

Register for Group Link

Please reach out to Nancy Bailey at nbailey@caron.org to register or for any questions.