

# 1R

## RESTORATION ONE NINETY-NINE



These 90-minute weekly therapy groups are designed to help identify where you are holding stress in your body and to teach you how to release stress in a healthy way.

## BUILDING RESILIENCY THROUGH ART



**CANDACE WHEELER,  
LPC, CDBT, NCC**

Founder & Executive  
Director of Restoration 1:99



Time:

5:30 PM - 7:00 PM

Capital Turnaround  
700 M St. SE, Washington, DC

**10 TUESDAYS  
STARTING  
9/12/2023**

FOR MORE INFORMATION AND TO REGISTER:

[infoer199.org](http://infoer199.org)