



FOR ORGANIZATIONS

PRESENTED BY THE

PARK COUNTY
COMMUNITY
FOUNDATION

WHAT

This newly launched version of our Discovering Wellness program is specifically designed for Park County helping organizations who prefer to learn as a group. Gather your colleagues for four interactive sessions of natural wellness education and science-based holistic self-care practices. Together you will increase your shared awareness of actionable strategies and tools to manage stress, increase resilience, and decrease burnout. We request a minimum of six (6) participants.

WHEN

This program consists of four sessions which each run for two hours. These can be offered either onsite or online, at the discretion of the organization. Ideally the sessions would be scheduled during a 4-6 week period, with dates and times to be agreed upon between the organization and the presenters.

The fall offering of this program can start as soon as the third week of October and will conclude no later than the third week of December. We will also be offering this program next spring.

WHO

This program is open to non-profit organizations that provide direct services and support to Park County residents. Examples of eligible organizations include schools, emergency service providers, direct service organizations, other helping organizations, and physical and mental health providers.

Discovering Wellness is presented by local health professionals Karen Stenseth, ND and Kristine Backes.

COST

Thanks to the generous support of AMB West Philanthropies, this program is provided **at no charge** to participating organizations. We plan on serving two organizations this fall and four more in 2021.

PROCESS TO APPLY

Please have your organizational training lead respond via email to the following three questions:

1. Describe your organization's main activities.
2. Briefly share what inspired you to pursue this opportunity for your organization at this time.
3. How would you hope that your organization's work will be enhanced based on your participation?

Send your answers – or any questions – to the program presenters:

- Karen Stenseth, ND: karen@crazymountainhealth.com
- Kristine Backes: kristine@kristinebackes.com – or call 222-5271

For fall programming, please respond by October 16th.

Additional comments or questions? Please reach out to: Barb.Oldershaw@pccf-montana.org