



# HEALING VINE HARBOR

Join Us for life-changing workshops that are facilitated by professionals who want to share their skills and expertise. Come learn new skills, meet new people and fellowship. Lunch is provided.

**For more information contact:**

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**Healing Vine Harbor, Inc.**

**P.O. Box 690483**

**Charlotte, NC 28227**

**[www.healingvineharbor.org](http://www.healingvineharbor.org)**



## Saturday Workshops

September 19, 2020\*

Supporting Our Village Through  
Good Mental Health

October 24, 2020\*

Facing Your Fears: Roller Coaster Effect

November 21, 2020\*

Combating Stress: Working From Home,  
the New Normal

December 12, 2020\*

Getting Comfortable with the  
Uncomfortable During the Holiday

January 23, 2021

Tax Preparation Tips / Review, Repair &  
Rebuild Your Credit Score

February 27, 2021

What's Love Got To Do With It?  
Putting Me First

March 27, 2021

Healthy Me = Healthy We

April 2021

Annual Purple Soirée

May 22, 2021

Mindfulness Meditation

June 26, 2021

Awesomeness: Beating Your Bullies

\*Workshops for Sept. 2020—Dec.  
2020 will be Virtual on Zoom

Workshops for Jan. 2021—June  
2021 are tentatively scheduled to  
be held at Woodlawn Bungalow  
1015 W. Margaret Brown Street  
(off 4<sup>th</sup> Street) – Uptown  
Charlotte NC, 28202