G.R.I.T.T. is a program developed for healing population-wide psychological stress and trauma. People from many cultural backgrounds are taught to heal themselves with inner strength and psychological assets through various techniques drawn from healing traditions and modern medicine.  To accomplish this, INCHWA has intentionally created a pod of professional Certified Mind-Body Medicine Facilitators who recognize the overwhelming circumstances CHWs face daily and, thus, the vital need for self-care. These Facilitators have many years of training and bring a wealth of knowledge to the group and the compassion of a servant’s heart.

We encourage any CHW who wants to learn skill sets to improve their self-care to consider attending an upcoming G.R.I.T.T. Mind-Body Medicine Group.

The groups run for six consecutive weeks and require two hours per week. The day and time of the week will be decided once there are enough attendees for a group. An average group is usually around 8-10 people. Once a group is entire, other potential participants will be placed on a waiting list.

Group Dates are as follows:

* The week of March 20th – April 24th - Closed
* The week of May 1st – June 6th
* The week of August 1st – September 5th
* The week of September 12th – October 17th

Based on interest, the number of groups currently being offered may be increased, at which time you will be notified.

For further inquiries or to be placed on the list to participate, click [here](mailto:project.manager@inchwa.org).