ONSITE IS GOING DIGITAL!

This is truly an unprecedented time in history.

It is a time that is calling all of us up to our **strongest**, **most resilient** self. During this time when folks might need it most, Onsite has made the difficult decision to postpone our short-term group workshops and some of our intensives for the near future. Having said that, we so strongly believe in the need, that we are committed to bringing these healing workshops and/or intensives to life in a new and different way.

The truth is, we are all in need of extra care and support.

am has worked around the clock to develop offerings that we believe will allow you to immerse yourself in a deep therapeutic process and community, right from your home.

Our Admissions Team can provide you the details surrounding these new offerings.

Online Intensives

Starting next week we're expanding our Intensive offerings to now include an online, individualized and customizable experience for individuals and couples. You will be paired with one of Onsite's world-class guides who will lead you through two-days of experiential therapeutic work.

An Online Intensive Can Help You

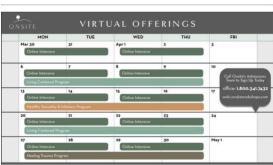
- Help you identify and address roots associated with heightened anxiety in this season
 Develop tools to reconnect with the body, self, and others
- Discover barriers to intimacy
 - Learn essential relational skills
 - Discover how to manage conflict
 - Learn to model healthy relationships

Online Workshops

Onsite is taking another step to bring you our most popular group workshops in a 4-day online format starting in April! With many of the same elements of our on-campus experience, participants of our online communities will participate in morning meditations, daily lectures, deep therapeutic experiential group work, and healing.

An Online Workshop Can Help You

- Identify trauma sources and understand how they imprint current decisions
- Understand how and what we use to medicate ourselves and how those can block true connection with self and others
- Address codependency, dysfunctional relationships, anxiety, depression, burnout, and more
- Explore unresolved trauma, pain, and shame Learn skills to foster stronger intimacy and connection



We can't wait to connect with you in these new and innovative ways!

If you're curious how you can take advantage of this season of social distancing and fear to further strengthen your emotional health and well-being, reach out to our Admissions Team for the details about these new online offerings.

Call the Onsite Admissions Team: 1-800-341-7432

Connect with the Onsite Admission Team Online

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