

We are deeply grateful to Stephanie Mines who has made several resources available to the community. They are posted as a resources on the Caring Community Circle webpage of the NFA website - <http://findhorn.cc/groups/community-care-circle/ccc-mission-and-aims/> - see related Pages on the bottom.

These resources are

2 e-books: The Majesty of Elderhood and Neuro-Resiliency

And an introductory self-care document which may be helpful in collaboration with the other documents to impart some wonderful resources for resiliency at all levels.

Stephanie says: "I am happy to be of service in any way that I can. Health and physical resiliency is a treasure that climate change only serves to underscore. Let me know how I can be of further service. I would be happy to Zoom in to a meeting or class if that is helpful. All my love and support to my Findhorn family ~ S "

Stephanie Mines, Ph.D.

The TARA Approach for the Resolution of Shock and Trauma

www.Tara-Approach.org

Convener and VisionHolder: CLIMATE CHANGE & CONSCIOUSNESS: Our Legacy for the Earth

www.ccc19.org

Watch my TED Talk on the Neurophysiology of Spiritual Guidance

<https://www.youtube.com/watch?v=UQOAxT8llto>