

An illustration of a person from behind, wearing a red and yellow hard hat, a tan jacket, blue pants, and green boots with white stripes. They are carrying a black backpack and climbing a set of blue stairs that lead up to a glowing yellow doorway. The background is a dark blue with faint circular patterns.

STAIR

CLIMBING TOWARD CALM AND CONNECTION

**A supportive space to learn
how to break old patterns and
improve how you manage your emotions
and connect with others.**



Tuesdays, from February 17 - March 31
1:30 - 3 p.m.

Fridays, from March 27 - May 1
10:30 a.m. - noon

**To learn more and join call 410-455-2542
or visit your RetrieverCare portal to schedule
your initial consultation appointment.**

All programs, events, and opportunities are open to full participation by all individuals, regardless of race, color, religion, sex, national origin, or any other protected category under applicable federal, state, and University nondiscrimination policies.



RETRIEVER INTEGRATED HEALTH