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## **The New Beginnings Center Offers Free Re-Sourcing Group for Those Affected by Mountain Fires**

Camarillo, CA – December 2, 2024 – As a proud member of the Camarillo community for over 40 years, The New Beginnings Center is committed to supporting our neighbors during this challenging time of recovery and rebuilding. In response to the recent Mountain fires, we are launching a new Re-Sourcing Group to help individuals find relief, rebuild resilience, and reconnect with hope.

The group will be offered at no cost to all those impacted by the Mountain fires.

Location: The New Beginnings Center, 155 Granada Street, Suite N, Camarillo, CA 93010

The Re-Sourcing Group provides participants with tools and strategies to regain stability, process emotions, and build resilience after experiencing distress, loss, or fear. Guided by an experienced facilitator, the group fosters a safe and supportive environment for healing and growth.

Participants will:

Find Stability: Learn techniques to restore balance and grounding.

Process Emotions: Share and process feelings in a supportive community.

Build Resilience: Strengthen emotional resilience through coping strategies.

Connect with Others: Join a community of individuals with shared experiences.

Rediscover Hope: Engage in discussions and activities that restore hope.

The group will meet every other Tuesday from 6:00 – 7:30 PM after the introductory session.

Founded in 1982, The New Beginnings Center has been a trusted provider of somatic mental health care in Ventura County. Our multi-disciplinary team includes licensed Marriage Family Therapists, a licensed Physical Therapist, a dietitian, and other integrative health professionals.

We are proud to provide this service as part of our commitment to the community's recovery and healing.

For more information, contact Sean S. Baker at 805-987-3162 x 2 or email [SBakerMFT@gmail.com](mailto:SBakerMFT@gmail.com). Follow us on Facebook: [The New Beginnings Center](https://www.facebook.com/TheNewBeginningsCenter)

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