

BurnNet Survivors Support Group on ZOOM

First Thursdays 7:00-8:30

Thursday, March 17th, 11:30am-12:30pm

While we are all following the guidelines for physical distancing as recommended, this is NOT the time to be socially disconnected. This really can be a difficult time. But now there is something you can do!

The BurnNet Survivors have weekly meetings to discuss issues and share questions and answers related to burn injuries and recovery. This is through **ZOOM** format thanks to the generosity of the Firefighters Burn Institute. Interested burn survivors, family members, caregivers, and significant others must pre-register to obtain access to the meeting.

Please register at <https://forms.gle/oj9HxyJ9zYrMEBJe9>

Lunch Bunch with Liz Phelan, Burn ICU Social Worker

**Thursday, March 10th,
12:00-12:30pm**

Have lunch with our guest speaker on Zoom. At the end of her talk, there will be a Question & Answer session. You are encouraged to bring your questions.

Lunch Bunch Sign up:

<https://forms.gle/m7TP3NEMXJ6MPnnN8>

Walk & Talk Wednesday

March 23rd @ 10am

**Capitol Park- Corner of 15th and
L (across from Cafeteria 15L)**

This group is to socialize and get to know the burn community. Bring your family and friends for donuts and coffee. Wear comfy clothes for an easy walk around the capitol.

No sign up necessary.

Caregiver Support Group

Thursday, March 31st, 6:00-7:00pm

We will be holding our first UC Davis Caregiver Support Group of the year! The purpose of our caregiver support group is to identify and prevent caregiver-related stress and prevent psychological, physical, behavioral, and social problems among caregivers and care receivers. This is through **ZOOM** format thanks to the generosity of the Firefighters Burn Institute. Interested burn survivors, family members, caregivers, and significant others must pre-register to obtain access to the meeting.

Please sign-up at <https://forms.gle/pyFjAZMAs5uUhd5b6>

March 2022

- Lunch Bunch with Elizabeth Phelan, LCSW on March 10th from 12:00-12:30pm
- BurnNet Survivor meeting March 17th from 11:30am-12:30pm
- Walk and Talk Wednesday March 23rd from 10:00am-12pm
- Bedtime Yoga March 24th from 7:00-7:45pm
- Caregiver Support Group March 31st from 6:00-7:00pm

Bedtime Yoga with Renee Johnson

Thursday, March 24th, 7:00-7:45pm



Hello, my name is Renee Johnson, and I am teaching a bedtime yoga class. I am passionate about movement because I believe that movement is medicine. I have been practicing yoga for 20 years and teaching for the past 10. I started practicing yoga because it complimented my running and yoga has become so much more for me than exercise. Yoga is a way a life and I am so excited to share it with you.

I have worked in mental health for the past 25 years and I have brought yoga and meditation to my clients. I have a master's degree in counseling and manage a Wraparound program for a non-profit. My husband and I have two children and we own Streets Pub and Grub in Midtown Sacramento.

Come and check out bedtime yoga. We will be doing some stretching where we hold the restful poses for a little longer and I will lead you through some guided imagery. I hope to see you there.

Namaste,
Renee



UPCOMING EVENTS

Young Adult Retreat 2022

June 18-June 19, 2022

Sacramento Region

Young Adult Retreat is a weekend program for burn survivors ages 18-25. The focus for 2022 will be on reconnecting with the community and learning sessions will also be offered.

Applications available soon! Application deadline is May 1, 2022

Questions? Contact Valorie Smart at (916) 739-8525 or Valorie@ffburn.org