



Cultivating Calm

with ReNewNM
Therapy

**Breathe deeper. Feel steadier.
Connect better.**

Feeling overwhelmed, anxious, or stuck in unhelpful patterns? Cultivating Calm offers a supportive space to reduce stress, improve communication, and reconnect—with yourself and others. Join us to build healthier boundaries, manage anxiety, and find more calm in daily life. Led by experienced therapists in a safe, welcoming group setting.

Limited spots available. To sign up, submit a contact form on our website or give our office a call and a member of our team will be happy to assist you.

**Thursdays at 5:30 PM
ReNewNM Therapy Office
6330 Riverside Plaza Ln, Ste 210**

*Facilitated by
Shalada Creecy-Gutierrez, LCSW*

505-207-8580

www.renewnmtherapy.com

