

# Rise together

## Program

- Find a flower pot or a comfy spot to sit or stand 6 feet apart
- Take in the music, the beauty and the atmosphere
- Think about something you'd like to let go with the sunset
- Meditation exercise will begin at 5:10
- Sunset at 5:21
- Quick remarks
- Visit the Dia de Los Muertos Alter
- Visit the Healing By Choice and Afro Moone tables

THANK YOU FOR  
JOINING US!

We want your thoughts, drop us an email at [info@detroitriverfront.org](mailto:info@detroitriverfront.org) or visit [www.detroitriverfront.org/risetgether2020](http://www.detroitriverfront.org/risetgether2020) for clickable links.

*#BeingApartTogether*



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## LEARN MORE

Each month, we'll be sharing a new worksheet of ways to cope during COVID-19.

### Meditation

- At least once a day take ten minutes and do the following.
- Find a place to be comfortable and alone
  - Close your eyes and breathe naturally
  - Focus on your body and how it feels
  - Make a goal for the day

### Who to Follow

Healing by Choice -  
@healingbychoice  
Sunrise Club Detroit -  
@sunriseclubdetroit  
Afro Moone- @sophiyah.e  
Speaking Grief - @wpsugrief  
Metro Detroit Covid-19 Support -  
Facebook Groups  
Detroit Riverfront - @detroitriverfront  
Music- @na.bonsai @dreamylover

### Share

- Connect with someone-
- Ask a direct question - what are you doing today? Do you want to go on a walk tonight?
  - Tell them about a moment in your day and how you felt
  - It's ok to tell people you are not be ok

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