



## **Disclaimer**

The Healing Threads Wellness Collective provides wellness-based programming, coaching, educational workshops, and creative facilitation experiences. We are not licensed psychologists, therapists, or medical professionals, and our services are not intended to diagnose, treat, or replace mental health care, therapy, or medical services.

Our offerings are designed to support emotional awareness, self-reflection, stress management, confidence-building, and personal growth in a non-clinical setting.

Participants are encouraged to seek support from licensed mental health or medical professionals for any mental health concerns, emotional distress, or medical needs that arise.

Thank you for engaging with The Healing Threads Wellness Collective with care and intention.