



Lifeline Connections is honored to be partnered with Living Yoga. Living Yoga's mission is to bring the study and practice of yoga to kids, youth and adults in correctional facilities, drug treatment centers, and behavioral/mental health facilities with the goal of helping individuals that have experienced trauma in their lives. Yoga can give individuals better, more effective ways of dealing with the destructive effects of trauma, helping them to heal and become healthier, more productive, more positive members of the community. Living Yoga currently offer 38 weekly classes at 26 institutions, reaching 2500 students over the course of the year. Classes at Lifeline are being offered on Saturdays to Lifeline's inpatient clients.



Dr. Aaron Zabriskie volunteers Mondays and Thursdays at Lifeline to address inpatient client medical needs with the goal to treat patients in house thus reducing the need to send to urgent care or the emergency department.



With the goal of treating the whole person, Lifeline is fortunate to have three volunteer massage therapists, Debra Beaty, Belinda Kellough, and Alice Williams. These volunteers will provide massages to inpatient clients in both our detox and residential programs beginning mid-June.



We are looking to expand our professional volunteer base with the addition of an acupuncturist. Acupuncture has been proven to be an effective form of treatment for detox clients. If you know of an acupuncturist that would be willing to volunteer please have them contact employment@lifelineconnections.org.

Thank you to all volunteers!