



2026 FRONTLINE RESILIENCE PROGRAMS

Critical Service Providers are the true backbone of this community, continuing to provide 24-hour support and services to our most vulnerable members. With a mission to connect the community through inspiring experiences in nature that improve livability, health, and well-being, we offer monthly complimentary programs to over 20 partnering organizations that provide essential services.

January

- Sunday, January 11 — Yoga + Sound Bath | 10:15 AM
- Sunday, January 25 — Integrative Breathwork | 10:15 AM

February

- Sunday, February 15 — Yoga + Sound Bath | 10:15 AM
- Saturday, February 21 — Wellness Retreat | 50% Discount

March

- Saturday, March 7 — Morning Meditation in the River Pool | 8:15 AM

April

- Sunday, April 19 — Integrative Breathwork | 10:15 AM
- Sunday, April 26 — Introduction to Mindfulness | 9:30 AM

May

- Mental Health Awareness Month — \$5 Soaks All Month (local residents)
- Sunday, May 17 — Yoga + Sound Bath | 10:15 AM

June–August

- Summer Break

September

- Sunday, September 27 — Integrative Breathwork | 10:15 AM

October

- Sunday, October 11 — Yoga + Sound Bath | 10:15 AM
- Saturday, October 24 — Wellness Retreat | 50% Discount

November

- Sunday, November 8 — Yoga + Sound Bath | 10:15 AM
- Sunday, November 15 — Integrative Breathwork | 10:15 AM

December

- Sunday, December 13 — Yoga + Sound Bath | 10:15 AM



ABOUT THIS PROGRAM:

Astoria's Frontline Resilience Program is designed to build social support and increase resilience for our frontline heroes.

HOW TO SIGN UP:

1. Find your organization at astoriapark.org
2. Email: carolyn@astoriapark.org
3. Include your name, title, organization
4. Space is limited.
5. Exclusively for critical service providers



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