



# Save Our Families

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## **IMMEDIATE RELEASE**

### **Meditation Saturdays with Save Our Families and Stella Maris**

**Cleveland, Ohio, February 17th, 2022,** \_ Save Our Families will be hosting a bi-weekly meditation session in partnership with Stella Maris, an addiction treatment center. Our sessions will start on Saturday, February 26th, from 1:00 - 2:00 pm. The session will be led by Kristy F. Steele, a certified meditation teacher. The focus of the sessions will be to understand what meditation is and how to deepen your practice. Through traditional meditation practice will explore different breathing techniques while learning to be still and present with ourselves. Our Saturday Meditation sessions our family orientated and safe space for LGBTQIA+ members. The meditation sessions will be open to the public and donation-based. Due to Covid-19, we have a limited number of seats available. A mask is required to attend the meditation sessions as well. For more information, please contact Save Our Families or Stella Maris.

**Contact:** Kristy F. Steele

**Phone:** 216-331-2522 | **Email:** info@saveour.family

**Donation Information:** [www.saveour.family/donate](http://www.saveour.family/donate)

**Save Our Families:** [www.saveour.family](http://www.saveour.family)

#### **Venue Information:**

**Address:** 1320 Washington Ave, Cleveland, OH 44113

**Parking:** Park in the large parking lot on Winslow Ave  
Please enter through the Coffee Shop entrance

**Website:** [www.stellamariscleveland.com](http://www.stellamariscleveland.com)