



# S A D O

Project Reentry Presents:  
**Practicing Gratitude**

Online via Zoom

Monday 11/1/21 @ 6:30 - 8:00 pm

**Workshop for  
formerly incarcerated individuals:**

If a person could do only one thing to increase their health and happiness, expressing gratitude might be it. Martin Seligman, a pioneer in the field of Positive Psychology, has remarked, when we take time to notice the things that go right it means we're getting a lot of little rewards throughout the day. In this session, we will discuss the benefits of practicing gratitude and how that practice can benefit your mental health. We will also go through short gratitude exercises together, including but not limited to meditation and journaling.

**Register at**  
**[www.sado.org/go/gratitude](http://www.sado.org/go/gratitude)**

Questions? Contact Marilena David at  
[mdavid@sado.org](mailto:mdavid@sado.org) | 313-670-0309



## Faculty

Tatiana Kline is a Public Defender in San Diego. She graduated from University of San Diego School of Law in 2013 and has been with the office of the Primary Public Defender since taking the bar in August of 2013. She graduated from the University of Michigan in 2009 with a B.A. in Psychology and a B.A. in English. Ms. Kline is someone who started a health and wellness journey a few years ago. She found herself unhappy and depressed and wanted to change it. She hopes that others find comfort and solace in the practices that have tremendously changed her life.