



MENTAL  
WELLNESS



# Somatic Tune-In

with MD Bloch-Hansen

MULTI-DISCIPLINARY CARE WORKER, ARTIST



**February 24, 2026**

11 AM–12:30 PM ET | 8–9:30 AM PT  
ZOOM



FINANCIAL  
WELLNESS  
WORKSHOP



# Tax Bootcamp for Creatives

with Sunny Widerman



**February 12, 2026**

1-3 PM ET | 10 AM-12 PM PT | ZOOM

## WORKSHOPS

The AFC is offering two February workshops to support creative workers: Tax Bootcamp for Creatives (Feb 12), a clear and friendly tax essentials session, and Somatic Tune In (Feb 24), a grounding movement based practice with MD Bloch Hansen. Both include ASL, captions, and translation and are FREE for everyone.

**Register:** <https://afchelps.ca/workshop/somatic-tune-in-md/>

**Register:** <https://afchelps.ca/workshop/tax-bootcamp-for-creatives/>

**Learn more:** [afchelps.ca](https://afchelps.ca)