

7 Week Self-Care Series

Join our community support group to learn more about self-empowerment, sustainable self-care, and connection with community.

WEDNESDAYS 6-7pm

October 6- November 17

@ The Red Door

2 S Beaver St. #130

Register Now! Only 10 slots available


<https://www.eventbrite.com/e/169209308597>

OR

<https://www.cultivatingcommunitycare.com/events>

Redefine Selfcare, Build Connection, Foster Compassion

CONTACT US:

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