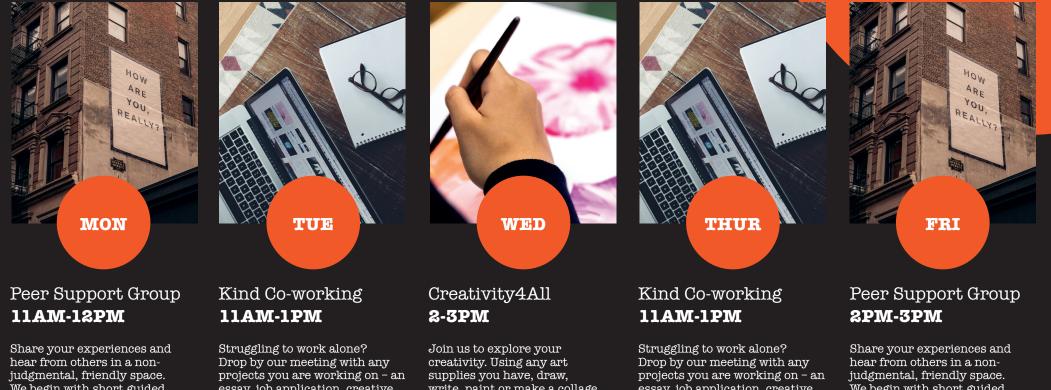
## Head Room Café Online Weekly Schedule





We begin with short guided meditations followed by a sharing circle, then reflect on some of the themes and offer mutual support.

essay, job application, creative work or even your ironing! Optional check in and activities to boost your focus - with Sarit Gafan.

write, paint or make a collage. Evervone is welcome, whatever your experience, however you are feeling.

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## Get social with @headroomcafe on f @

For more information, Zoom links for each group and additional sessions, visit headroomcafe.org

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