

Head Room Café Online

Weekly Schedule



SIP . SHOP . SHARE



MON

Peer Support Group
11AM-12PM

Share your experiences and hear from others in a non-judgmental, friendly space. We begin with short guided meditations followed by a sharing circle, then reflect on some of the themes and offer mutual support.



TUE

Kind Co-working
11AM-1PM

Struggling to work alone? Drop by our meeting with any projects you are working on – an essay, job application, creative work or even your ironing! Optional check in and activities to boost your focus - with Sarit Gafan.



WED

Creativity4All
2-3PM

Join us to explore your creativity. Using any art supplies you have, draw, write, paint or make a collage. Everyone is welcome, whatever your experience, however you are feeling.



THUR

Kind Co-working
11AM-1PM

Struggling to work alone? Drop by our meeting with any projects you are working on – an essay, job application, creative work or even your ironing! Optional check in and activities to boost your focus - with Sarit Gafan.



FRI

Peer Support Group
2PM-3PM

Share your experiences and hear from others in a non-judgmental, friendly space. We begin with short guided meditations followed by a sharing circle, then reflect on some of the themes and offer mutual support.

Get social with [@headroomcafe](#) on

For more information, Zoom links for each group and additional sessions, visit [headroomcafe.org](#)

A SOCIAL ENTERPRISE FROM

Jami
The Mental Health Service for our Community

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THE MAURICE WOHL
CHARITABLE FOUNDATION

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