

# Wash Day is Sacred

Wellness centered spaces to grow and develop routines for self and community care. Re-envisioning community through self love and self acceptance. The group requires active participation from all members, including each member's willingness to seek and receive support, offer empathy, and affirm one another.

## Goals:

- Empowerment within Self awareness
- Coping Skills
- Interconnectedness
- Intercultural identity

## Beginning:

January 04, 2023  
4:30PM to 6PM

More information :

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