



Circle of Care

"Empowering Hearts, Inspiring Journeys"



**Once a month
Online - Offline**

Registration needed

More information :

 9819064508

 [www.lighthousearts
wellbeing.com](http://www.lighthouseartswellbeing.com)



Lighthouse introduced the Circle of Care as an initiative to navigate and manage the challenges posed by the second wave(Covid 19) more effectively. The primary objective was to provide a secure space where individuals could freely express their thoughts, emotions, and experiences without the fear of being judged.

As the month progressed, we embarked on an emotional journey, guided by our experiences, ultimately reaching a point of emotional balance. This past month has been marked by introspection, deep thought, and personal growth, leaving us feeling stronger and more empowered.

Now, we're eager to relaunch this initiative—a monthly online gathering where individuals can come together to share, unburden themselves, and rejuvenate.

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This space can be open for a diverse range of individuals who may benefit from it. Here's a list of potential participants:

- Employees of the organization or company (if initiated by a workplace).
- Members of a specific community or support group.
- Friends and family members seeking emotional support.
- Individuals dealing with common challenges or issues.
- Anyone who values a safe and non-judgmental space for sharing and reflection.
- People from different backgrounds, age groups, and walks of life.
- Individuals interested in personal growth and self-improvement.

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