

MindfulHub Healing Circles

Interested in an opportunity to be part of a healing circle?

Please join us for MindfulHub Healing Circles to build a sense of compassion, connection, and belonging across the organization!

Healing Circles provide a safe and accepting environment to:

- Explore our individual and collective healing
- Feel seen and heard
- Generate trust, hope, and resilience
- Allow one another to be authentic and vulnerable
- Care for one another
- Build connection among our teams

For more information on Healing Circles visit: [Home - Healing Circles Global](#)

One circle is offered each month for all Kaiser Permanente Employees

When?

Every 3rd Thursday at 8:30 a.m.

By Whom?

All sessions are facilitated by KP NCAL Healing Circle facilitators who have received training from Healing Circles Healthcare Professional Services.

Want to Learn More About MindfulHub?

[MindfulHub - Home \(kp.org\)](#)

[Join Microsoft Teams Meeting](#)

+1 213-533-9530 United States, Los Angeles (Toll)
Conference ID: 922 872 877#

Join Mindfulness Sessions:
[Sessions - Calendar \(kp.org\)](#)

