

Self-Care Cafe

MENU

Week 1- Meet & Connect

Week 2- Mind, Body
& Mood

Week 3- Self-Care That
Fits Real Life

Week 4- Recharge &
Renew

**Join us for coffee, conversation,
and connection!**

This informal group is a welcoming space to build community, share experiences, discover simple self-care tips, and connect with others. There's no pressure to share or participate in every activity. Come as you are, choose what feels comfortable, and take a little time to focus on yourself.

REGISTER NOW



details

October 20- November 10, 2026

Tuesdays from 9:00 - 10:00 AM

Location:

110 Gateway Drive, Suite 210,
Lincoln, CA 95648

 **Lighthouse**
Counseling & Family Resource Center

