



# Healing Circles

A place to connect and support each other

Are you feeling overwhelmed, experiencing moral injury, or on a personal path where it might help to express your feelings?

Consider being part of a **Healing Circle**, an emotional well-being activity that will provide you an opportunity to step into a safe community of sharing and generous listening.

Scan the QR code to sign up for one of the following healing circles:

- **Wednesday, Feb. 19**
  - 12:30 p.m. on Teams
  - 5 p.m. in CR F & G, MOB 3, SSC
- **Thursday, May 15**
  - 12:30 p.m. on Teams
  - 5 p.m. in CR F & G, MOB 3, SSC
- **Tuesday, Aug. 26**
  - 12:30 p.m. on Teams
  - 5 p.m. in CR F & G, MOB 3, SSC
- **Thursday, Nov. 20**
  - 12:30 p.m. on Teams
  - 5 p.m. in CR F & G, MOB 3, SSC



Open to KP staff and physicians, these structured sessions will feature trained facilitators Huyen Friedlander, LMFT, EAP Consultant, and Deborah Conway, Project Leader, Permanente Medical Group. Each circle is limited to 10 people; first-come, first-served basis.

Visit <https://healingcirclesglobal.org/> to learn more. If you are interested in have a Healing Circle activity for your department, please email [Huyen Friedlander](mailto:Huyen.Friedlander@kp.org), EAP Consultant.

Questions?

Email [Employee-Wellness-SSC@kp.org](mailto:Employee-Wellness-SSC@kp.org), call (916) 525-4820 or visit [www.kpwellnessu.org](http://www.kpwellnessu.org)

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**live well be well**  
WELLNESS UNIVERSITY