



2026 Healing Circles

A place to connect and support each other

At this well-being activity, you will have an opportunity to step into a safe community of sharing and generous listening. This process brings people together as equals, sharing stories, and having an open exchange about difficult issues or painful experiences all in an atmosphere of respect and concern for each other. Healing Circles allow us to step out of ordinary time into a safe and accepting space in which each of us can explore our own healing, together.

Scan the QR code to sign up for a virtual healing circles, all at 12:30 p.m. on Teams:



- **Wednesday, March 11**
- **Wednesday, July 8**
- **Thursday, November 5**

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, call (916) 525-4820 or visit www.kpwellnessu.org

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