

FREEDOM AS A VERB

INSPIRING EACH OTHER IN CONVERSATION

In times like these, knowing that we're not alone, having safe space to speak our minds and our hearts is a restorative necessity. Join us in the three-part conversation series **Freedom as a Verb** where we will explore what it truly means to be free. In a time of intensified marginalization, growing instability and uncertainty, freedom is more than a destination, it's a practice in speaking freely and caring for each other in a community of belonging.

For more details visit: [Freedom as a Verb](#)

Session 1 – 10/16

Opening Ourselves to Freedom

In a time when we are expected to hide in fear, discover how our fear can be transformed into a catalyst for courage, resilience, and inner freedom.

Session 2- 11/13

Reclaiming Rest

In the midst of constant busyness, explore how intentional rest is a must-have practice that restores our energy and creates a space for gratitude and appreciation.

Session 3 – 12/4

Imagining Freedom Ahead

As you step into the new year, hold space for envisioning a future shaped by possibility, creativity, and true freedom.

CONNECT



Register

Details

Single Session: \$35/session

Format: Online

Full Series: \$105 for 3 sessions

Time: 6-7:00 PM EST

Give yourself the space to be in community.

We are at our best when we stand together.