



Unwrapping Joy, Releasing Stress



The holiday season can be both magical and overwhelming. Between expectations, traditions, and the daily juggle, it's easy to lose sight of what matters most. This Café will explore practical ways to navigate holiday stress, set healthy boundaries, and center joy over perfection. We'll hold space to share, reflect, and remind ourselves that peace and connection can be part of the season, too.

Dec 17

10am-1130am

Location: 111 N Roosevelt St, Green Bay, WI 54301

Childcare not offered at this time

<https://forms.gle/5XgGtU2RQZMDWeeQA>

