

Women's Circles at MESA

Conversation • Connection • Community

Contact MESA: info@movingtoendsexualassault.org

Women's Circle at MESA is a monthly community gathering for adult women (18+) to step away from the usual routine, connect with other women, and explore themes that speak to our lives and experiences.

Each gathering offers opportunities for reflection, journaling, conversation, and connection. You are welcome to share, listen, reflect quietly, laugh, connect, and simply enjoy being in the company of other women.

Why a Women's Circle?

Sometimes we simply need a place to slow down, reflect, and be in community with other women. Women's Circle gives us space to share our perspectives, learn from one another, and talk about the experiences and issues that shape our lives. Each month, Women's Circle explores a different theme related to our lives, relationships, experiences, transitions, and the ways we understand ourselves.

Registration Process

- \$10 per gathering
- Registration is required through Eventbrite



Scan to Register

For questions or additional details, feel free to call us at **303-443-0400** or visit our website,

<https://bit.ly/MESAWomenCircles>



Upcoming Dates

- **Thursday, October 22**
- Thursday, November 12
- Thursday, December 10

Who Should Attend

- **Adult women ages 18+**

Time & Location

- Time: **6:15 – 8:45 PM**
- Location: Heart-Centered Yoga Studio at MESA; **1455 Dixon Avenue, Lafayette, CO 80026**
- Free parking
- Accessible building with elevator access and accessible restrooms

Good to Know

- Women's Circle is not therapy or a sexual assault support group. It is a welcoming community gathering centered on reflection, conversation, connection, and simply spending time in the company of other women.

