

Colloquy's Topics for the 2024-2025 Online Learning Communities for Mental Health & Personal Growth

Workplace Resilience & Well-being	Melodic Sketches: Integrating Art & Music for Well-being
The Biological & Psychological Factors of Stress & Trauma	Building Routines & Habits: Why Investing in Your Growth Matters
The Importance & Practice of Sleep for Well-being	The Art of Parenting: A Structured Discussion Group for Parents
Books that Influence Our Lives: A Monthly Book Group	Dyadic Coping, Communication, & Skills for Romantic Relationships & Couples
Mental Health, Culture, & Community	Monthly Forum: Summary of Sessions

For details about meeting times and information about our professional team of facilitators, see our Colloquy calendar linked to our website: colloquycommunities.org

Cost: **20 euros** per session / **100 euros** for unlimited sessions in one month

Contact us at: **+30 69 88 713 238 (WhatsApp)** or colloquycommunities@gmail.com