



Find Your Circle of Support

Free Virtual Monthly Support Circles | Hosted by mannah culture, LLC

At mannah culture, we believe that connection is powerful healing. Our support circles are free, welcoming spaces where you can show up as you are, share what's on your mind, and find community with others who understand.

Peers Supporting Peers (PSP) Circle

For anyone navigating mental health challenges

A safe, understanding space facilitated by peers with lived experience — to share, listen, and connect. Whether your mental health challenges are daily companions or occasional visitors, this is a place where your story matters.

 1st Thursday of each month | 7:00 PM CST

 Virtual / Online | Starts November 6  Free, online registration required  Register at mannahculture.org

Present: The Parents Circle

For parents and caregivers

A space to connect, share, and breathe a little easier. Come as you are — this is a circle built on curiosity, not judgment. Whether you're parenting toddlers, teens, or young adults, you deserve a place to pause and exhale.

 1st Tuesday of each month | 8:00 PM CST

 Virtual / Online | Starts November 4  Free, online registration required  Register at mannahculture.org

The Circle (for Leaders)

For leaders, supervisors, or managers

Leadership comes with unique pressures — especially when you're managing your own mental health or navigating "neurospicy" traits in spaces not built with you in mind. The Circle is a confidential, judgment-free space created just for leaders. Here, you can:

- Pause and breathe between the demands of leading and living
- Reflect on how your mental health intersects with your work
- Connect with peers who understand the weight of responsibility
- Refill your cup — so you can lead with clarity and compassion

Bring your lunch, your perspective, and your whole self. You're not alone in this work — and you don't have to carry it alone.

 2nd Tuesday of each month | 11:45 AM–12:45 PM CST

 Virtual / Online | Begins November 11  Free, online registration required  Register at mannahculture.org

Together, We Grow

mannah culture | Making Space for Mental Health & Wellness

Visit mannahculture.org to learn more about our support circles, trainings, and community initiatives.