2026 Career Flow Collective

Monthly Restorative Group Schedule

March 27 – September 11, 2026

Date	Focus
Friday, March 27 from 12pm – 1:10pm CST	Kick-off
Friday, April 24 from 12pm – 1:10pm CST	Energy
Friday, May 22 from 12pm – 1:10pm CST	Balance & Flexibility
Friday, June 19 from 12pm – 1:10pm CST *	Self-Compassion
Friday, July 17 @ from 12pm – 1:10pm CST C	Non-Attachment
Friday, August 14 from 12pm – 1:10pm CST	Equanimity
Friday, September 11 from 12pm – 1:10pm CST	Presence & Send Off

**Cohort will decide whether to meet on Juneteenth or switch it to Thursday.*

Weekly emails will be distributed on Sunday afternoons for those who enjoy planning.