

TED TALK TUESDAY

WHERE

Hybrid (virtual and in-person)
Safe Haven Wellness Center

WHEN

Every Tuesday
1:30PM-2:30PM



Safe Haven, a TMHA Wellness Center, hosts **Ted Talk Tuesday**, a group that brings participants together to watch and discuss inspiring and thought-provoking TED Talks.

Each week, the group explores a new topic designed to **spark meaningful conversation, encourage personal insight, and promote learning and growth.**

Contact for more info on joining!
(805)-305-3724 or email mlittlefield@t-mha.org

