



# *Kū Makani*

By  HAWAI'I  
CARES

# FREE

# Virtual Group Sessions

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**JOIN OUR WEEKLY GROUP SESSIONS!**

KU MAKANI OFFERS FREE WEEKLY GROUP SESSIONS VIA ZOOM. VISIT OUR WEBSITE AT [KUMAKANI.ORG](https://www.kumakani.org) FOR MORE DETAILS ON ALL OF THE GROUP SESSIONS THAT WE OFFER. FOR MORE INFORMATION OR FREE COVID CRISIS COUNSELING SERVICES, CONTACT US: O'AHU (808) 832-3100 OR NEIGHBOR ISLANDS 1(800) 753-6879



SCAN ME

# WEEKLY GROUP SESSIONS:

## SUNDAYS

YOGA (4PM-5PM) | TALK STORY FOR TEENS (5PM-6PM) | HAIR & MAKEUP  
GLAM (6PM-7PM)

## MONDAYS

KEIKI KORNER (430PM-5PM) | SPECIAL SPACES (5PM-530PM)

## TUESDAYS

TEENAGE ZONE & COLLEGE KOKUA (430PM-5PM) | EMPLOYMENT SUPPORT  
(430PM-530PM) | KUPUNA CORNER (5PM-530PM) | WRITING THERAPY  
(5PM-6PM) | MINDFUL MOMS (7PM-8PM)

## WEDNESDAYS

VETERANS (330PM-430PM) | KEIKI (6PM-7PM) | CAREGIVER KAKO'O  
(7PM-730PM) | HEALTH INSURANCE(7PM-8PM)

## THURSDAYS

KEIKI TIME (5PM-530PM) | KEIKI PUA (5PM-6PM) | HAWAIIAN CRAFTS  
(6PM-645PM) | SENIOR SUPPORT (7PM-8PM)

## FRIDAYS

FAMILY SUPPORT (7PM-8PM)

## SATURDAYS

MENTAL HEALTH (1PM-2PM) | MINDFULNESS (2PM-3PM) |  
ORGANIZATIONS & AGENCIES (5PM-6PM)

