



GROUNDING MINDS
— WELLNESS COMMUNITY —
♡

THE GROUNDING READERS CLUB

Books. Reflection. Connection. ♡

A WELLNESS LIBRARY FOR CURIOUS MINDS

—

Step into a space where meaningful books spark thoughtful conversations, new perspectives, and genuine connection.

The Grounding Readers Club is more than a book club—it's a wellness community built around stories, ideas, reflection, and growth.



PULL UP A CHAIR

♡

Here, you'll enjoy:



Thoughtful discussion



Guided reflection



Coffee & tea



A welcoming atmosphere



Connection with fellow readers

ON OUR SHELVES

♡



Personal Growth



Psychology & Wellness



Relationships



Self-Discovery



Resilience & Mindfulness

A cozy
community
grown through
stories.

♡

*One Book.
Six Weeks.
Meaningful
Conversation.*

—

We select one book per series to explore together in depth. Come as you are. Leave a little more grounded.

♡



90-MINUTE MEETINGS

Plenty of time for conversation and reflection.



COFFEE & TEA INCLUDED

Sip, relax, and settle in.



ADULTS 18+

A space for adults seeking growth and connection.



LOCATION DETAILS

Provided upon registration.

INVESTMENT

\$200

FOR A 6-WEEK SERIES

Space is limited to keep our conversations meaningful.

—

Good books. Open minds. Stronger together. ♡

— READ. REFLECT. CONNECT. —



INTERESTED?

Email us to learn more or save your spot.
info@groundingminds.org