

# Comm(UNITY)

Monthly Community Builder

11.19

## SPIRAL PROCESSING

*Facilitated by Krista Gaston, you're invited to bring a journal, small stick, empty bowl, loose leaves, & a stone*

3RD  
THURSDAYS  
6-8PM

12.17

## PHASES OF RESTING

A MOBILE &  
COLLABORATIVE  
SPACE FOR SERVICE-  
BASED PROVIDERS  
TO PRACTICE  
WELLNESS,  
BE CREATIVE, PLAY,  
BUILD COMMUNITY  
& HEAL

1.21

## TAROT & TRUTHS

*Facilitated by Nanyonjo Mukungu,  
Truth Is Change Tarot*

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<https://communityunitysf.org/>