

about your gathering

a tool for deciding whether to host a

love, maaden style gathering

who

your support circle.

Many of us don't have the access, resources, or desire to go to traditional therapy, but most of us are willing to go deeper and share mutual support with a small and trusted group of friends.

what

gather together.

We weren't designed to live in isolation or to connect with others only from behind screens. We were created to do life in community, share our stories, and support one another as we go. Open your doors and your hearts so that you can grow in community.



where

around the table.

Whether it's a formal dining room, card table, or a countertop, the table is the centerpiece of your gathering. These gatherings are designed to be inviting, authentic, and build trust and confidence between friends.

when

make the time.

We make time for the things that matter the most. Your emotional wellbeing matters, your relationships matter, you matter. Set a regular date and time, and show up every time.

why

live for legacy.

Decide what a life well-lived looks like, and then live it. Live fearlessly, choose joy, serve others. These gatherings are an important practice toward creating your best life.

how

talk it out.

Meaningful conversations and thoughtful feedback are at the core of these gatherings. Talking allows us to sort through our feelings, gain perspective, and relieve stress.



love,
maaden
get together & talk