



## What is Soul Café?

I am the organiser of this initiative with over twenty five years experience in group facilitation, and offer this initiative in the spirit of contributing towards community cohesion.

Over the eight years which it has been running, it has brought and connected people of diverse background together to listen and engage in great conversations on a wide variety of inspirational and thought provoking topics.

The group is currently discussing a book written by Brene Brown, entitled "**Atlas of the Heart**". The book takes the reader on a explorative journey of eighty-seven human emotions and experiences.

## How to join our group?

New comers are welcome to come along at any time free of charge.

## Where and how often do we meet?

We normally meet once or twice a month in a local cafe in Stevenage.

For more details about this and our other community and health initiatives, follow us on "**Good Vibrations**"  
Facebook  
Organiser: Fariba Oak

