

Resources for Forming Connections

Personal Connection

Good Grief Network, A 10-week facilitated group experience based on the 12 step model, a unique program helps build personal resilience & empowerment while strengthening community ties to combat despair, inaction, and eco-anxiety on the collective level.”

(Nancy Tait, Program Facilitator, highly recommends the experience.)

Florida Community of Mindfulness, a Florida based Buddhist community that offers a number of personal growth and social activities and groups. The Community meets at a Practice Center in Tampa and a meeting room in St. Petersburg.

First Unity Spiritual Campus, a spiritual community that provides services and meditation.

Allendale United Methodist Church offers support and discussion groups on a variety of topics.

Unitarian Universal Church of St. Petersburg sponsors a number of virtual support and meditation groups.

Community Connections

Osher Lifelong Learning Institute at Eckerd College is one of the 123 lifelong learning programs at college and universities across the U.S.

Local museums and galleries offer every visitor unique opportunities for growth, understanding, and reflection. The Museum of Fine Arts offers a **Virtual Book Club**.

St. Pete Timebank supports the growth of a time-based community that teaches its members to exchange goods and services without the use of cash.

Other Resources

Dharma Seed, Western Buddhist Vipassana teachings, search by talk titles, key words, and descriptions or teachers.

Tara Brach, PhD., Buddhist teacher and therapist. YouTube Videos:

[Rewiring for Happiness and Freedom. Part I](#)

[Rewiring for Happiness and Freedom. Part II](#)

Rick Hanson, psychologist, explores the neuroscience of lasting happiness.

(recommended by one of our participants)

Mindful of Good, a newsletter with updates and inspiration for practical mindfulness and impact with intention.

Meditation Apps: *Insight Timer; Calm*