



**C.A.L.M./Queer Zen:
Take a breath,
Then take another**



Queer Zen is a free virtual nontraditional meditation practice with a focus on being present in a queer inspired space.

Join us on Zoom for our weekly meditations:

- Thursdays from 5:30 - 6:30 PM EST co-sponsored by CALM
- Register with The LOFT LGBTQ+ Community Center for Zoom link and password.
- Saturdays from 9:30 - 9:40 AM EST for our Seven Minute Saturday Morning Sit followed by a chance to chat with the meditation facilitator on our **@queerzenmeditation IG account**.

For more information, please visit our website at www.queery.us



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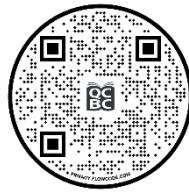
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**Queer Community
Book Club**



In partnership with **The LOFT LGBTQ+ Community Center**, Queery hosts QCBC to invite LGBTQ+ and allied communities to come together to read and discuss a variety of LGBTQ+ literature.

This is an opportunity to promote understanding, build community, and learn something new together!

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