

January 2026



Up and Coming at Cabana

Live Group Highlights

6
TUES

JOURNAL TOGETHER: BUILD YOUR HABIT IN REAL TIME

This group gives you real-time space to write—with gentle prompts, quiet time, and zero pressure to share. Build the habit, one session at a time.

8
THU

RECLAIMING YOURSELF AFTER NARCISSISTIC RELATIONSHIPS

A session for caregivers to reflect and connect with others who understand. Share the realities of caregiving and discover ways to care for yourself.

9
FRI

2026 REFRESH: LET'S GET ORGANIZED

This group helps you pause, reflect, and set meaningful goals for the year ahead—no perfect plan needed, just space to explore what matters and where you're headed.

28
WED

BETTER BOUNDARIES

This group helps you pause, reflect, and set meaningful goals for the year ahead—no perfect plan needed, just space to explore what matters and where you're headed.

January 2026



Up and Coming at Cabana



BUILDING BETTER HABITS



RESET AND BREATH CHALLENGE

Let's kick off this year with a breathing challenge to help you clear out the mental clutter. Inhale what you need. Exhale what you don't. Let's make space for a calmer, more grounded you.

January 2026



Up and Coming at Cabana

MilVet Groups

1/5
MON @
12PM ET

FINDING SAFETY IN THE PRESENT

This group offers a safe space to unwind, explore hypervigilance, and start shifting out of survival mode—at your own pace.

1/8 & 1/22
THUR @
11AM ET

FINDING BALANCE BETWEEN SERVICE & CIVILIAN LIFE

Serving in the National Guard or Reserves means constantly balancing military service and civilian life—join our new group to explore this experience in the community.

1/12, 1/26
MON @ 12PM
ET

CHARLIE MIKE: RECLAIMING PURPOSE AFTER SERVICE

Reconnect with your strengths, redefine your purpose, and move toward a life that fits your present self.

1/13
TUE @
8PM ET

STRENGTHENING THE VOICES AND WELLNESS OF WOMEN VETERANS

This group is a supportive space for women veterans to connect, heal, and be heard.

January 2026



Up and Coming at Cabana

MilVet Groups

1/15 & 1/29
THUR @
11AM ET

COMBATING COMPASSION FATIGUE

Learn to spot compassion fatigue and recharge through boundaries, self-care, and lasting emotional resilience.

1/22
TUE @ 8PM
ET

CARING FOR THE CAREGIVER

A space to rest, reflect, and connect with others who understand the emotional weight of caregiving. Share your experience, release the guilt and exhaustion, and learn small ways to care for yourself too.

