

# JUNE AT CABANA



CABANA

Up & Coming - June 2026



June 2 10am ET

## Riding the Wave of Menopause

A space for conversation on navigating perimenopause and menopause, with space for connection and coping tools.

[REGISTER](#)

June 5 4pm ET

## Unwind with Intention

Join us for a supportive conversation on ways to decompress, reset, and move into the weekend feeling more grounded and restored.

[REGISTER](#)

June 6 8am ET

## Cabana Coffeehouse

Start your morning at Cabana Coffeehouse with coffee, conversation, and supportive connection in a relaxed community space.

[REGISTER](#)

June 7 7pm ET

## Ease Into Monday

Ease Into Monday is a supportive space for easing the "Sunday Scaries" and starting the week with more calm, clarity, and intention.

[REGISTER](#)

June 18 2pm ET

## Walk and Talk

A guided online walking group featuring light movement, meaningful conversation

[REGISTER](#)

June 23 12pm ET

## Intro to Somatic Healing

A restorative session focused on releasing stress and reconnecting with your body through breathwork and mindful movement.

[REGISTER](#)

## Check In With Yourself This June

What have you been needing to say, even just to yourself? Cabana's Guided Journal is here to help you slow down, check in with yourself, and put your thoughts into words. What's something you've been holding onto that deserves a place to land?

## NOT A MEMBER?

Create your  
FREE  
Cabana  
account!



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## Groups On Repeat – June 2026

Wednesdays 2pm ET

### **Boost Your Focus with Body Doubling**

Struggling to stay on task? Join this body doubling session for a shared workspace that helps you stay focused and get things done.

[REGISTER](#)

Thursdays 10am ET

### **Reclaiming Yourself After Narcissistic Relationships**

A space to process the emotional aftermath of narcissistic relationships and learning to rebuild rebuild self-trust.

[REGISTER](#)

Tuesdays 3pm ET

### **Journal Together: Build Your Habit in Real Time**

Journal in real time in a supportive, no-pressure space.

[REGISTER](#)

Thursdays 1pm ET

### **Personalized Guided Meditation**

Enjoy the benefits of meditation with a short, personalized guided practice—no participation required.

[REGISTER](#)

Thursdays 12pm ET

### **Release and Restore**

Relieve neck, jaw, and shoulder tension in this guided session using gentle pressure and massage techniques with real-time instructor support.

[REGISTER](#)

Mondays 3pm ET

### **Stress Sucks: Strategy + Action Work Group**

A live group to pause, reduce stress, and practice simple tools to help you feel more in control.

[REGISTER](#)



***An excellent way to ease into the week. They ease those Monday stressors. Thankful for these sessions.***

***– Cabana Live User***



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## MilVet Groups – June 2026

June 1 & 29 12pm ET

### **Charlie Mike: Reclaiming Purpose After Service**

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

[REGISTER](#)

June 3 3pm ET

### **Strengthening the Voices and Wellness of Women Who Serve(d)**

A supportive space for women veterans to connect, share experiences, and support one another.

[REGISTER](#)

June 4 & 18 11am ET

### **Combating Compassion Fatigue**

Enjoy the benefits of meditation with a short, personalized guided practice—no participation required.

[REGISTER](#)

June 8 & 22 12pm ET

### **Always on Edge**

Always feeling “on” can take it’s toll. This group offers space to pause, understand the roots of hypervigilance, and begin finding a steadier sense of calm.

[REGISTER](#)

June 11 & 25 11am ET

### **Finding Balance Between Service & Civilian Life**

Serving means balancing military and civilian life. Connect and share this experience.

[REGISTER](#)

June 11 4pm ET

### **Caring for the Caregiver**

A supportive space for caregivers to rest and connect with others who understand the challenges of caregiving.

[REGISTER](#)



***I truly enjoy Cabana, and it has become an inspiration in my life.***

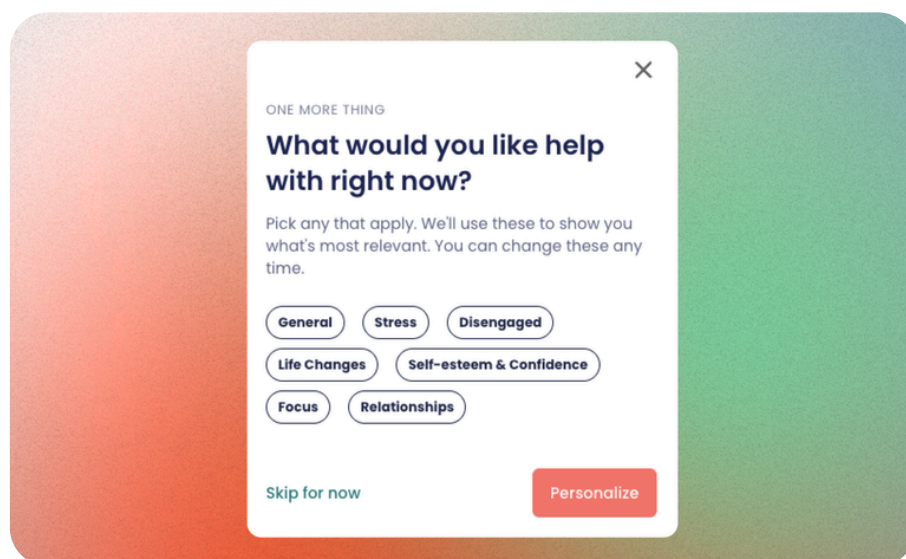
***– Cabana Live User***



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## Product Updates



Cabana now includes Support Areas, a personalization experience designed to help members quickly discover support that feels relevant to what they're going through.

During onboarding, members can select areas such as Stress, Focus, Relationships, Life Changes, Self-esteem & Confidence, and more to help tailor their Cabana experience.

Cabana uses your selections to personalize live groups, resources, and recommendations based on the support you're looking for, and you can update them anytime.

June Reads

### The Benefits of Journaling

Learn how journaling can help reduce stress, process emotions, and support emotional wellbeing over time.

[READ ON](#)

June Reads

### The Psychology of Doomscrolling

Explore how doomscrolling affects mental health, why it's hard to stop, and ways to create healthier habits around social media and news consumption.

[READ ON](#)



***I really love Cabana, and I'm so grateful for the uplifting programs you offer.  
- Cabana Live User***