

# WHATSAPP GROUPS You Can Join

**Buddies Unite** “Sharing Rounds” <https://chat.whatsapp.com/6czEpMRMbvNIMi15wiulF6>

**Accountability Buddies** “Create New Habits” <https://chat.whatsapp.com/BAMOu1QuGzRAcDCd2NJiFe>

**Self love** “Dedicated to self love and the empowerment of each other”  
<https://chat.whatsapp.com/F2htcu9DOstLUU7X3aDzH3>

**Neuroplasti-Party** “Dance, Karaoke, & Play” <https://chat.whatsapp.com/LspNpQronJk2cNSofj6wdE>

**Literary Book Club** “An Awesome Book Club” <https://chat.whatsapp.com/L5QnDRa45axHHdAYqh4FGk>

**Popposites Group** “Working it Out” <https://chat.whatsapp.com/HK0obWnpPki6omBMBHDlc5>

**Celebrations (DNRS only)** “A Place To Share Joy!” Contact Alina Bachmann through the DNRS Forum

**Art for Fun and Wellness** “A space to share in our love for creating art”  
<https://chat.whatsapp.com/G3OZbqFd0rmAzEu3uxszhT>

**EFT/Tapping for Brain Retrainers** “EFT Recordings” <https://chat.whatsapp.com/LPNjT9lsLgP8iRf8lZUwx7>

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**Recorded Rounds** “Listen to Others Rounds” Contact Tracy Dyke or Lisa Siegel through DNRS Forum

**Improv With Us** “Group Easy Improv” Contact Jocelynn Rodrigues on DNRS Forum

**Self Love Notes** “A self love space” <https://chat.whatsapp.com/EMJQf0whz774hzKvNtLUUa>

**Meditation support** “A group to share meditation supports” <https://chat.whatsapp.com/JTEYG4lm15pGhCM05fjvqd>

**Winstons Micro Dose’n Tool “Elevation Tools ”** Contact Winston Winstongarland9@gmail.com