

## Togetherall Groups Overview

We've created smaller, dedicated spaces where members can continue to create meaningful and deeper connections around topics that are important to them.

These smaller spaces are called "Groups," and we invite new and existing members to join them to share and feel better.

- **Work-life Balance:** A space for professionals to explore ways to find balance in their lives together.
- **Parents and Caregivers:** A space for parents and caregivers to connect, share experiences, and support each other.
- **Military Community:** A space for people in the military and people with family in the military to connect with and support each other.
- **Student Life:** A space for students to connect, share experiences, and support each other.
- **Meet the community:** A space for new and current members to introduce themselves and connect with others.
- **Gratitude diaries:** Share what you're thankful for and celebrate others.
- **Laugh and uplift:** A space to share life's funny moments and uplift each other.
- **Health and lifestyle tips:** A space to read and share tips on managing a healthy lifestyle that works for you.

# Togetherall Groups Overview

## Continued

- **Healthcare Workers:** A space for healthcare workers to connect, share experiences, and support each other.
- **Veterinary Medicine:** A space for those in the veterinary field to share their experiences and support each other.
- **Agricultural industry:** A space for farmers, producers, and others involved in the agriculture industries to connect around maintaining positive mental health.
- **Sharing space:** A safe space to share your feelings, experiences and relate to others.
- **Creative & Performing Arts:** A space for those in the creative arts to express themselves and relate to others.
- **Chiropractic Medicine:** A dedicated group to connect with other chiropractors and students of chiropractic medicine to support each other around the challenges of life and work.

Members can register on  
[togetherall.com](https://togetherall.com) to join  
groups.