Library Components

The Library · https://the-haven.co/docs/library-components/

The Library is where you'll find our growing collection of articles, zines, Notes From a Slow Coach, Podcast episodes, conversations, replays, music, and other legacy resources from The Haven archive. It's a space to explore at your own pace and revisit ideas from past gatherings.

You can browse by theme or use the search bar to find something specific.

Start Here

Tip: If you're new, the Library can feel like a lot at first. Try starting with the "Start Here" section or search for topics that connect with what you're currently exploring in your life.

The HSP Hub - Resources to help you learn more about sensory processing sensitivity and you explore your relationship with your own sensitivity

The Benches - Resources to help you feel at home among people who get you

The Harbour - Resources to help you pause, get your bearings, and meet the next moment on your terms

The Clearing - Resources to help you connect with your creative spirit and use it as you write the next chapter of your life