

# SELF CARE

## Each THURSDAY

@12:45 PM Starting in June

Jun 2 – What is Self Care	Jul 14 – Positive Circle of Friends
Jun 9 – Accountability to Self	Jul 21 – Gratitude & Journaling
Jun 16 – Mindset	Jul 28 – Creativity
Jun 23 – Challenging Negative Patterns	Aug 4 – Time & Habits
Jun 30 – Movement (Yoga Class)	Aug 11 – Creating your Plan
Jul 7 – Daily Rituals	Aug 18 – High Five Journal Practice

Program is free. Coffee/Tea & Desert is \$1.00  
A commitment is required. To receive a \$35.00 gift at the end, you must attend 10 out of 12 Sessions.

Location:

Wendat Community Programs  
(Social Club) – back door entry  
237 Second Street, Midland, ON L4R 4P4  
Call Darlene at 705-526-1305 X227 or  
[HPoulsen@wendatprograms.com](mailto:HPoulsen@wendatprograms.com) to Register.  
Local Transportation available