

Women's Group



Fill Your Cup

March 5th 2026

1:00PM - 3:00PM

🌸 **Soft Reset for Spring – Self-Care** 🌸

Winter can leave us feeling drained. This gentle session focuses on slowing down, checking in, and identifying what true self-care looks like for you right now.

Together we will:

- *Reflect on what we need this season*
- *Explore simple self-care practices*
- *Engage in a calming activity*
- *Share in supportive conversation*

🌸 *You don't need to change everything. Just start softly.*

Transportation Line:
705-526-1305 ext 1228

