

MENTAL HEALTH

WELLNESS

TAKING CARE OF YOUR MENTAL HEALTH

TUESDAYS FROM 1PM - 3PM

March 3rd 2026

Planting Seeds of Hope - Small Goals for Spring
We'll explore how small, achievable goals can spark motivation and renewal. Together, we'll identify one "seed" you'd like to plant this season.

March 10th 2026

Listening to Your Inner Voice

Learn how to tune into your wise mind, notice self-talk, and strengthen the voice inside that supports growth and healing.

March 17th 2026

Letting Go of What We Can't Control

Through discussion and gentle reflection, we'll explore acceptance, boundaries, and finding peace in uncertain moments.

March 24th 2026

Rediscovering Interests & Hobbies

Reconnect with activities that bring joy, curiosity, and purpose — even in small ways.

March 31st 2026

Rebuilding Confidence After Difficult Seasons

Explore ways to rebuild self-trust, celebrate resilience, and move forward with courage.

