



Mental Health AND Wellness



NURTURE YOUR MIND. CARE FOR YOURSELF. LIVE WELL.

TUESDAYS FROM 1-3

JUNE
2



Sunshine & Self Care RECHARGING FOR SUMMER

Explore simple and effective self-care practices that help you soak up the good vibes, boost your mood, and feel your best all summer long.

JUNE
9



Letting Go of Stress We Carry

Learn healthy ways to release stress, lighten your load, and create space for more peace, clarity, and joy in your life.

JUNE
16



Moving for Mental Wellness CHAIR MOVEMENT AND GENTLE STRETCHES

Discover how gentle movement can lift your mood, reduce tension, and support your overall mental well-being—no mat required!

JUNE
23



Bloom Where You Are Planted

Embrace your strengths, celebrate your journey, and find inspiration in growing right where life has you.

JUNE
30



Summer Bucket List FOR MENTAL HEALTH

Create a list of fun, meaningful, and mood-boosting activities that support your mental well-being and help you make the most of the season.

Small steps.
Big difference.



TRANSPORTATION PROVIDED

705-526-1305 EXT. 1228



BE KIND TO YOUR MIND ♥ TAKE CARE OF YOU ♥ YOU ARE NOT ALONE