



# Tuesday

## MENTAL HEALTH & WELLNESS GROUP

1PM - 3PM



JULY  
7



**TOPIC:**  
**Staying Connected:  
The Power of Social Support**

Discover how strong connections can improve our mental well-being, reduce stress, and help us feel supported through life's ups and downs.



JULY  
14



**TOPIC:**  
**Beating the Summer Blue**

Learn tips and strategies to lift your mood, stay motivated, and take care of your mental health during the summer months. You're not alone—we're here together.



JULY  
21



**OUTING TO COLLINGWOOD**  
*to visit the*  
**PARK WITH THE  
7 GRANDFATHER TEACHINGS**

- We will be leaving the club at 12pm
- Registration required
- Bring money for coffee after



JULY  
28



**TOPIC:**  
**Celebrating Our Strength  
& Personal Growth**

We'll reflect on our journeys, recognize our strengths, and celebrate the progress we've made—together.



*Every step  
forward is  
a step toward  
a stronger  
you. ♥*



**TRANSPORTATION**  
*provided*



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