

Tuesdays | 1:00 PM – 3:00 PM

Mental Health & WELLNESS GROUP

— ♥ Mind. Body. Connections. Growth. —



TRANSPORTATION PROVIDED

☎ 705-526-1305 ext 1228

Please call by **9:00 AM** for a ride.

Take care
of your mind,
your body will
thank you.

♥ August 2026 ♥

AUGUST
4
2026

TOPIC:

The Power of Forgiveness

Explore how forgiveness can reduce stress, improve emotional well-being, and help us move forward while still honouring our own boundaries and healing.



AUGUST
11
2026

TOPIC:

The Science of Laughter

Discover how laughter benefits both the mind and body by reducing stress, boosting mood, strengthening social connections, and improving overall wellness.



AUGUST
18
2026

≡ **CLUB CLOSED** ≡
No Group Today



AUGUST
25
2026

TOPIC:

Rediscovering Your Identity

Reflect on who you are beyond life's challenges, reconnect with your strengths and values, and explore meaningful ways to continue growing.



You are not alone. ♥

CONNECT • LEARN • SHARE • GROW • HEAL

*Small steps
today, stronger
tomorrow.* ♥