



Tuesdays

MENTAL HEALTH & WELLNESS GROUP

JOIN US THIS SEPTEMBER!



SEPTEMBER

1



LETTING GO LIKE THE LEAVES: WHAT AM I READY TO RELEASE?

Just like leaves change and fall, we can choose to let go of what no longer serves us. Explore what you're ready to release to make space for growth and peace.

SEPTEMBER

8



YOUR INNER CRITIC VS YOUR INNER COACH

We all have that inner voice—one that criticizes and one that encourages. Learn how to quiet your inner critic and strengthen your inner coach to build self-compassion and confidence.

SEPTEMBER

15



BUILDING YOUR MENTAL HEALTH TOOLBOX

Everyone needs tools to navigate life's ups and downs. Discover practical strategies and resources you can use every day to support your mental well-being.

SEPTEMBER

22



RECOGNIZING EMOTIONAL BURNOUT: WHEN YOUR BATTERY IS RUNNING LOW

Burnout can sneak up on us. Learn the signs of emotional exhaustion, why it happens, and how to recharge before you're completely drained.

SEPTEMBER

29



GETTING COMFORTABLE WITH CHANGE

Change can feel uncomfortable, but it can also lead to new opportunities and growth. Explore ways to shift your mindset and move forward with more ease and confidence.

SUPPORT

CONNECT

GROW

THRIVE

*You don't have to go through it alone.
We're here to support you. ♥*



TRANSPORTATION PROVIDED



705-526-1305 EXT. 1228