

Mental Health & Wellness

OCTOBER SERIES ♡

A SAFE SPACE TO LEARN, SHARE & GROW ♡

Support ♡
Connection ♡
Practical Tools ♡
Brighter Days ♡

TUESDAY
OCTOBER
6
1-3 PM

Mental Health & Wellness *Finding Comfort in the Changing Seasons ♡*

Explore ways to embrace change, find comfort in the season's transitions, and practice self-care as the days get shorter.

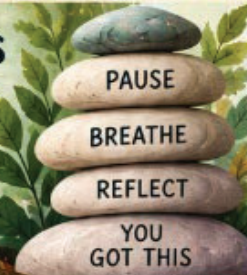


New
Season
Same You
Stronger
You ♡

TUESDAY
OCTOBER
13
1-3 PM

Mental Health & Wellness *Staying Grounded When Life Feels Unsteady ♡*

Learn practical tools and strategies to manage stress, build resilience, and stay grounded during life's uncertain moments.



Small
Steps
Make
Big
Differences ♡

TUESDAY
OCTOBER
20

CLOSED

See You
Next Week! ♡

TUESDAY
OCTOBER
27
1-3 PM

Mental Health & Wellness *Finding Light in the Darker Days ♡*

Discover ways to support your mental well-being during shorter, darker days, including mood-boosting strategies, creating moments of joy, and finding hope in the season.



Even
darker
days
can bring
brighter
tomorrows ♡



TRANSPORTATION PROVIDED

Please call for ride at 705-526-1305 ext 1228 ♡