Mental Health & WELLNESS GROUP

A SAFE SPACE FOR EVERYONE ♡

Come as you are ♥ Share ♥ Learn ♥ Connect ♥ Support Each Other

TUESDAY, NOVEMBER 3RD



The Gratitude Attitude ♡

Finding Joy in the Little Things

Gratitude can shift our mindset, boost our mood and help us see the good, even on the tough days. Join us for a positive and uplifting session as we explore simple ways to bring more gratitude and joy into our everyday lives.

TUESDAY, NOVEMBER 10TH

What's in Your Emotional Backpack?

Lightening the Load



We all carry different things in our emotional backpack — experiences, worries, expectations and more. In this session, we'll talk about what we carry, how it affects us, and practical ways to lighten the load and make space for more peace and positivity.

TUESDAY, NOVEMBER 17TH



The Power of Connection ♡

Why We Need Each Other

Human connection is essential for our mental well-being. In this session, we'll explore the benefits of meaningful relationships, how connection can reduce stress and improve our mood, and simple ways to build and maintain supportive connections in our lives.

TUESDAY, NOVEMBER 24TH

Winter Wellness

Beating the Winter Blues Before They Begin



As the days get shorter and colder, it's normal to feel a change in our mood and energy. In this session, we'll talk about the signs of the winter blues, how to take care of our mental health during the season, and simple strategies to stay balanced, energized and connected.

TUESDAYS | 1:00 PM – 3:00 PM

Join us at the Social Club for open discussion, activities, support and a welcoming space to focus on your mental health and well-being.



TRANSPORTATION PROVIDED

705-526-1305 ext 1228

EVERYONE IS WELCOME! ♡