

Finding Balance

through

Mental Wellness

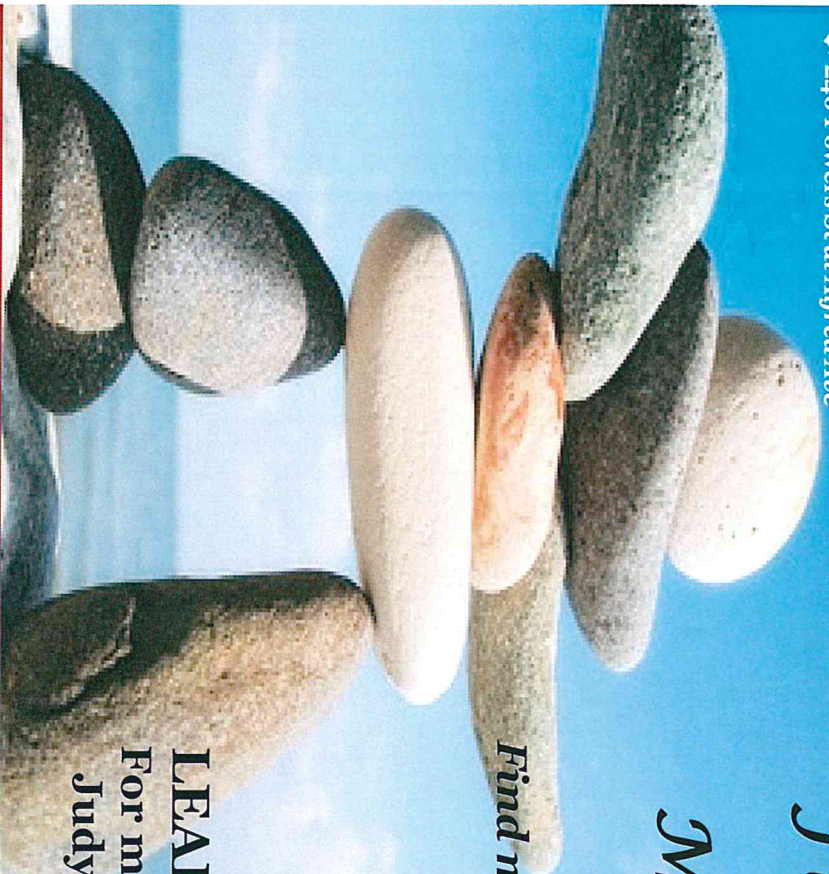
1:00—3:00pm

Find more balance in the areas of...

Anxiety
Depression
Relationships
Grief and Loss
And more!

LEARN and GROW with US!

For more info or to register contact
Judy or Jacquie at 204-589-8354



*Painting Class with
Guest Artist, Terisa*

Monday,
March 25th

Drop In

*How to Cope with
Grief and Loss*

Monday,
March 11th

HINT:

Sign Up! Spaces Limited

*Painting Class with
Guest Artist, Terisa*

Monday,
April 29th

Drop In

*How to Cope with
Difficult Relationships*

Monday,
April 15th HINT:
Sign Up! Spaces Limited