



Finding Balance

through

Mental Wellness

1:00—3:00pm

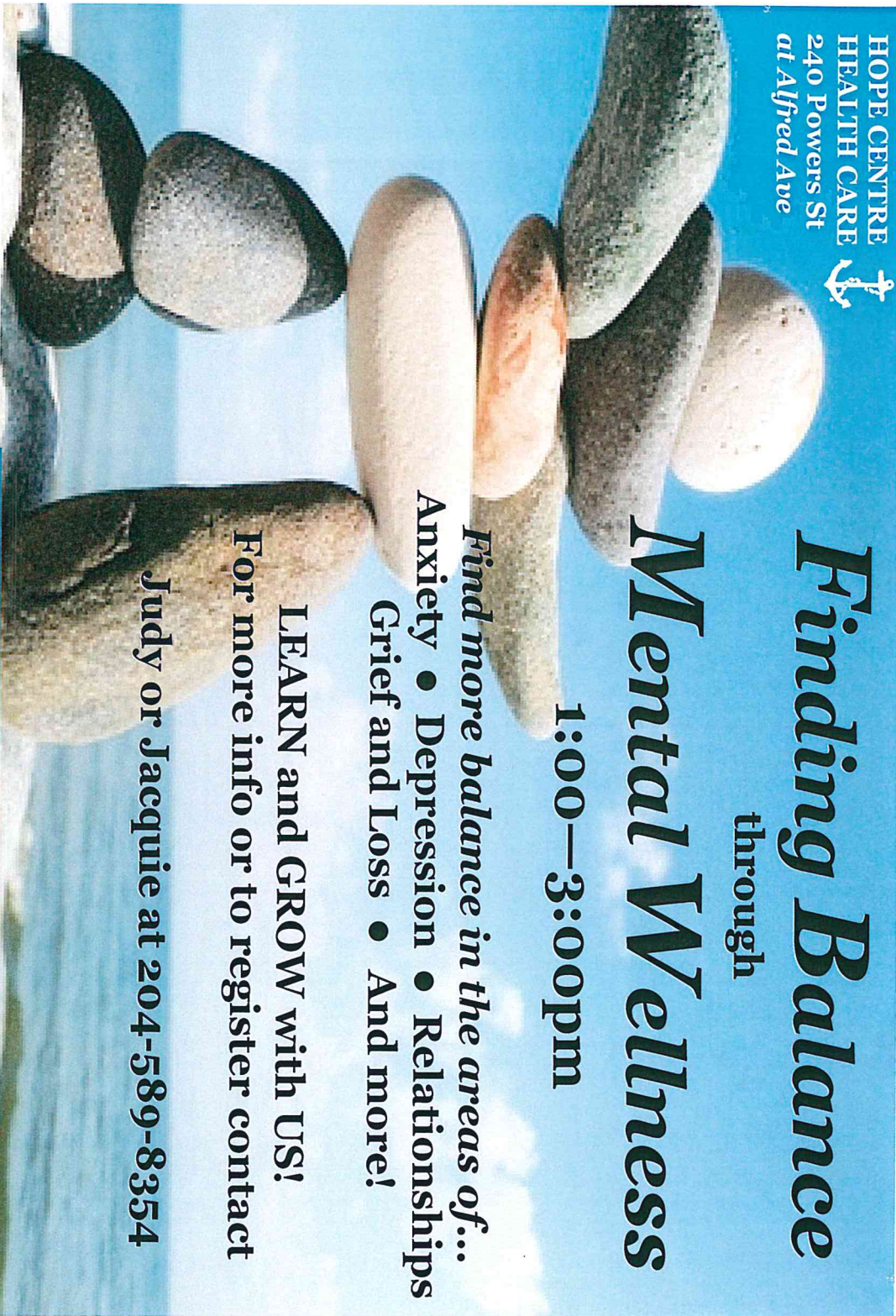
Find more balance in the areas of...

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



**Monday,
Sept 23rd**

**Monday,
Oct 7th**

**Monday,
Oct 21st**

**Getting Your Mind
Ready for Winter.**
Drop In! Everyone Welcome

Painting Class
with Guest Artist, *Terisa*
Sign Up! Spaces Limited

**Guiding Yourself
Through Depression**
Drop In! Everyone Welcome