

Open to the community, no registration required!

Mental Health WORKSHOP

No
Referral
Needed



4 P.M. TO 6 P.M.
NO REGISTRATION



St. Leonard's Community Services
133 Elgin St., Brantford

WORKSHOP SCHEDULE

September 26 | Stress, Anxiety & Coping

October 19 | Thinking Errors & SMART Goals

November 16 | Healthy Boundaries & Self Care

December 14 | Coping with the Holidays

(519) 754-0253

www.st-leonards.com



St. Leonard's
COMMUNITY SERVICES

Challenge. Choices. Change.