
INSIGHTS ON WELLNESS

SENIORS MENTAL HEALTH WORKSHOPS



COME ! Let us learn, share, and feel good together!

Dealing with Chronic/degenerative disease - Oct 25, 23

Mental health (countering isolation/depression) - Nov 08, 23

Self-care: a Life skill for Healthy living – Nov 22, 23

Christmas social – Dec 13th, 23

Mending and repairing relationships with family/friends – Jan 17, 24

Living/ending well – handling pain and suffering – Jan 31, 24

Love is in the air/ communicating love and connection – Feb 7th, 24

In the Parish Hall – Wednesdays at 10 to 11:30 am

Catholic Family Services of Toronto

If questions call Nathalie: 416-921-1163 ext. 2251



SL ShareLife

*Helping the whole community
through Catholic agencies*

