



Bouncing Beyond

Online through Zoom
& In-Person Starting April 5th
Alternating Tuesdays 1:30-3:30pm



Have you completed a
mental health group program
with a Social Worker?

Would you like ongoing support?

Consider joining this group!

WHAT: An ongoing mental health peer support group where you can practice skills learned in other groups, and learn new skills

WHEN: Alternating Tuesdays from 1:30—3:30 pm
Next group is April 5th & April 19th, 2022

WHERE: In-Person
69 Catherin Street, Trenton Community Hall A & B
Online through Zoom
Details will be sent to your email so you can join the

Free and Open to Everyone in the Community!

A SHORT INTAKE IS REQUIRED

For more information, please call **613-962-0000** or **613-965-0698**

Please Note: Group programs may be cancelled with short notice due to COVID-19



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