



Tuesday Activity Group

Tuesday at 1:30pm— Begins January 10, 2023



Join others to engage in an activity, discussion, or outing.
A group for individuals interested in trying new things, socializing.

WHAT:

- Social activity group for individuals 18+
- Participate in activities, crafts, discussion, an outing will take place every other month in local community (see program calendar)
- Receive peer support, time to talk about mental health
- On February 7— Let's make chili together
- On February 21— meet at These 4 Walls
22 Front Street, Trenton

WHEN:

Tuesdays from 1:30—3:00 pm (bi-weekly)
January 10, 2023—April 18, 2023

WHERE:

Community Hall 69 Catherine Street, Trenton

For more information call 613-965-0698

Please Note:

*This program is being offered with appropriate safety precautions due to COVID-19.
Group programs may be cancelled with short notice due to COVID-19.*



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