

# 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 January 10— make a vision board
  - On January 24—play cards, have a coffee, discussion

**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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Community Wellness