

# Tuesday Activity Group

Tuesday at 1:30pm



**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 March 7— Instant pot meal making together
- On March 21— Musical activities

**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.*



Like us on Facebook!



Follow us on Instagram!

