

# SEASONS OF MENTAL WELLNESS

## Fresh Start Friday: Reset Your Mindset

Trenton
69 Catherine Street
January 23, 2026 at 10am-11:30pm

Start the new year with a gentle reset. This workshop is designed to help you pause, reflect, and create small, meaningful shifts that support your well-being.

### In this session, you'll experience:

- **Grounding practices** to help you settle into the new year
- **Reflection activities** to identify what you want to start, stop, and keep
- **Simple tools** for building routines that actually stick
- **A supportive space** to reconnect with yourself and others

**Light refreshments will be provided!**

**RSVP is preferred**

Scan the QR code or register at  
<http://tiny.cc/seasonsofmentalwellness>

*A fresh start doesn't require big changes  
just small, intentional steps*



Questions?  
Contact Tiffany  
613-965-0698

**SCAN ME**

