

# the invisible load:

UNDERSTANDING MENTAL & EMOTIONAL  
LABOUR IN WOMEN'S LIVES

Ever feel exhausted before the day even begins?

Join us for a reflective workshop on mental load and emotional labour, where we'll unpack what invisible work is, why it's so draining, and how it shows up in our lives. Participants will identify their own invisible load and leave with practical tools to make it feel more manageable.

This is an inclusive space open to anyone who identifies as a woman 18+.

**March 5<sup>th</sup>, 2026**

**2pm-4pm**

**1-161 Bridge St. W. Belleville, ON**

REGISTRATION IS REQUIRED  
SCAN THE QR OR VISIT

**[www.tiny.cc/invisibleload](http://www.tiny.cc/invisibleload)**



For more information  
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Belleville and Quinte West  
Community  
Health Centre