



SEASONS OF MENTAL WELLNESS

BLOOM & BALANCE

Trenton	Belleville
69 Catherine Street	161 Bridge Street W
April 17, 2026 at 10am-11:30pm	April 17, 2026 at 1:30pm-3pm

As spring unfolds, it's the perfect time to pause, reflect, and gently grow. This workshop offers a supportive space to explore what balance looks like for you and how to nurture calm, clarity, and small steps forward.

In this session, you'll experience:

- Grounding practices to help you slow down and breathe
- Reflection activities to explore what helps you feel balanced
- Simple tools for steady growth and emotional wellness
- A warm, welcoming space to reconnect with yourself and others

Light Refreshments Provided!

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

You don't have to bloom all at once, even quiet growth is growth.



Questions?
Contact Tiffany
613-965-0698