

# Seasons of Mental Wellness

## Mental Health Matters

Trenton	Belleville
69 Catherine Street	161 Bridge Street W
May 1, 2026 at 1:30pm-3pm	May 15, 2026 at 1:30pm-3pm

As we move into May, it's a meaningful time to honour the truth that your mental health matters - deeply, daily, and in every season. This workshop offers a supportive space to pause, reflect, and reconnect with the practices that help you feel grounded, steady, and cared for.

In this session, you'll experience:

- **Grounding practices** to help you settle your mind & body
- **Reflection activities** to explore what supports your mental well being
- **Simple tools** for emotional balance, self-compassion, and resilience
- **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 carry everything alone-your mental health matters, and small steps toward care truly count.*

**SCAN ME**



Questions?  
Contact Tiffany  
613-965-0698