

SCAN ME



Seasons of Mental Wellness: Summer Serenity

Trenton	Belleville
69 Catherine Street	161 Bridge Street W
June 26, 2026 at 1:30pm-3pm	June 12, 2026 at 1:30pm-3pm

As summer arrives, it's a meaningful time to slow down, breathe, and reconnect with the practices that help you feel calm, steady, and supported. This workshop offers a gentle space to pause, reflect, and cultivate moments of serenity you can carry with you throughout the season.

- Grounding practices to settle the mind and body
- Reflection activities to explore what nurtures serenity and emotional well-being
- Simple tools for calm, self-compassion, and resilience
- Creating a warm, welcoming space for connection and shared experience

Light Refreshments Provided!

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

“Serenity isn't something you chase. It's something you create in small, intentional moments of care.”



Questions?
Contact Tiffany
613-965-0698