

Seasons of Mental Wellness: Cool Minds in Hot Times

Trenton	Belleville
69 Catherine Street	161 Bridge Street W
July 24, 2026 at 1:30pm-3pm	July 10, 2026 at 1:30pm-3pm

Summer can bring brightness, energy, and connection, but it can also bring heat, intensity, and shorter fuses. This workshop offers a supportive space to explore how stress, frustration, and “hot moments” show up in daily life, and how to cool your mind before emotions boil over. Together, we’ll practice simple strategies that help you stay steady, grounded, and in control.

- Grounding practices to settle the mind and body when emotions run hot
- Reflection activities to understand what heats you up and cools you down
- Practical cooling tools for managing frustration, tension, and emotional overwhelm
- A warm, welcoming space to reconnect with myself and others

Light Refreshments Provided!

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

“When life feels hot and intense, even one cool, steady moment can change the whole day.”



Questions?
Contact Tiffany
613-965-0698

SCAN ME

