

Seasons of Mental Wellness: Reset & Recharge

Trenton	Belleville
69 Catherine Street	161 Bridge Street W
August 7, 2026 at 10 am-11:30pm	August 7, 2026 at 1:30pm-3:00pm

As summer winds down, this is a meaningful moment to pause, breathe, and gently check in with yourself. This workshop offers a calm space to recharge your energy, reflect on what feels depleted or out of sync, and choose small resets that help you feel more balanced and supported heading into fall. It's a chance to slow down, reconnect with what restores you, and create simple shifts that bring steadiness into the season ahead

- **Grounding practices** to help settle your mind and body as summer winds down
- **Reflection activities** to explore what drains your energy and what restores it
- **Practical reset tools** for managing frustration, tension, and emotional overwhelm
- A **warm, welcoming space** to recharge, reconnect, and feel supported

Light Refreshments Provided!

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

*"As summer winds down, even one steady moment can help
your whole day feel lighter."*



Questions?
Contact Tiffany
613-965-0698

SCAN ME

