

# SEASONS OF MENTAL WELLNESS: BACK TO BALANCE



## TRENTON

69 Catherine Street  
September 18, 2026

1:30pm–3:00pm

## BELLEVILLE

161 Bridge Street W  
September 4, 2026

1:30pm–3:00pm



As September brings a return to routine, this workshop offers a calm moment to pause, breathe, and gently check in with yourself. It's a space to notice what feels overloaded, what feels neglected, and what already feels steady in your daily life. Together, we'll explore simple practices that help you return to centre: mentally, emotionally, and physically. This will support you in moving into the season with more clarity and steadiness.

- **Grounding practices** to help settle your mind and body as routines return
- **Reflection activities** to explore what throws you off balance and what helps you return to centre
- **Practical reset tools** for managing overload, neglected needs, and emotional tension
- A **warm, welcoming space** to recharge, reconnect, and feel supported

*Balance isn't found in big changes. It's built through small, steady moments of noticing what you need.*

**SCAN ME**



Questions?  
Contact Tiffany  
613-965-0698

