

# SEASONS OF MENTAL WELLNESS: FALL INTO GRATITUDE

Free Single  
Session  
Drop In!

| Trenton                              | Belleville                          |
|--------------------------------------|-------------------------------------|
| 69 Catherine Street                  | 161 Bridge Street W                 |
| October 16, 2026<br>at<br>1:30pm-3pm | October 2, 2026<br>at<br>1:30pm-3pm |

As the seasons shift, it's an important time to slow down, breathe, and reconnect with the small things that help you feel grounded, steady, and supported. This workshop offers a warm space to explore gratitude, notice what nourishes you, and discover simple ways to carry appreciation into everyday life.

- **Grounding practices** to help settle the mind and body
- **Reflection activities** to notice the people, places, and moments that matter
- **Simple tools** for appreciation, reflection, and emotional well-being
- **A warm, welcoming space** for connection, encouragement, and shared experience

Light Refreshments Provided!

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

“Gratitude grows through  
small, consistent noticing”

  
**Questions?**  
**Contact Tiffany**  
**613-965-0698**

SCAN ME

