

**T**RANSFORMATION

**H**EALTH

**R**ELATIONSHIPS

**I**NSIGHT

**V**ERSATILITY

**E**MPATHY



A virtual interactive group, focusing on self-care activities such as mindfulness, social supports, stress management, nutrition, sleep, routines, etc.

Sessions occur Friday afternoons from 1:30-3:00pm, upcoming sessions listed below.

**Drop in! No registration required.**

Topic	Date
Assertive Communication	January 15, 2021
Boundaries	January 22, 2021
Process of Addiction	January 29, 2021
Establishing Routines	February 5, 2021
Making Changes	February 12, 2021
Self-Care	February 19, 2021

Topic	Date
Building Connections	February 26, 2021
Sleep	March 5, 2021
Mindfulness	March 12, 2021
Self-Esteem	March 19, 2021
Stress	March 26, 2021
Wellness Plan	April 9, 2021

After 15 minutes of session starting, the group will be locked and you may not be able to join.

Use one of the four options below to join the Zoom sessions.



Scan this QR code to join Zoom session

Join by Telephone or Online with below meeting ID and password:

Canada: +1 587 328 1099

Meeting ID: 998 2549 7574

Password: 351986

Register for a ZOOM account at [www.zoom.us](http://www.zoom.us) and join session at this link: <http://b.link/THRIVE>