

MINDful



Resilience

**Tuesdays starting July 9th to August 6th, 2024,
10:00 – 11:30 am at Station Gardens**

A group for people wanting to work towards wellness
while enjoying nature.

Join us at Station Gardens (near Strathmore Public Library)
every Tuesday morning from July 9th to August 6th, 2024,
to build new connections, learn new skills and share your insights related
for dealing with intense emotions, such as mindfulness, breathing,
self-reflection, and distress tolerance.

Each week we will share specific information, resources, and skills, which
will assist you in maintaining your own mental health.

This is a drop-in community group for adults.



**For more information call
Strathmore Addiction Mental Health Centre
403-361-7277**

