



HEALTHY ME for women



Call to register:

519-941-4357 or 905-584-4357

24-Hour Crisis/Info Line:

1-800-265-9178

about healthy me

This 5-session virtual group will help you learn and develop healthy habits, techniques for a healthy mindset, healthy alternatives for coping, and foster knowledge on healthier relationships. The focus of the group is on building skills and knowledge to foster a healthier you, while highlighting the importance of self-care.

5 virtual sessions | Mondays | 10–11:30 a.m. | January 31–March 7
No session on Monday, February 14, 2022