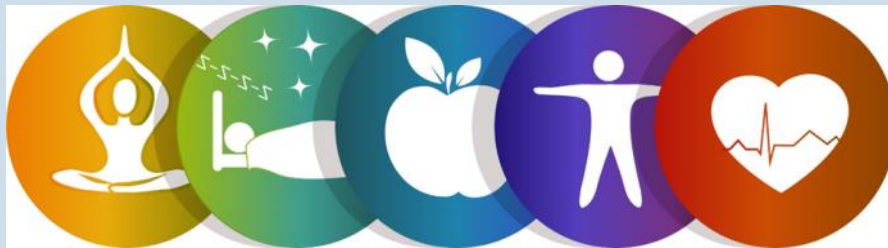


**Centre de
ressources**
communautaires
de la Basse-Ville



**Lowertown
Community
Resource
Centre**

LCRC Wellness Group



Would you be interested in learning more about wellness and ways to achieve more balance in your life?

Would you like to be better equipped to deal with difficult situations faced by you or a loved one?

If so, join us! We will be using a casual, low-stress approach to discuss weekly topics such as Anxiety, Stress and Mood, Self-Care, Finding balance, Mindfulness and more!

WHEN	February 10 th-April 7, 2021 (8 weeks) Wednesdays 2:00-3:30
WHERE	Wherever you can access Zoom!
COST	FREE!!
CONTACT TO REGISTER	Sarah 613-789-3930x311 (please leave message)

Two LCRC social support workers will be co-facilitating the group along with counselling consultant Cécile Pierret, who has over thirty years of experience in mental health support.