

Wellness Connection Group:

a welcoming space to connect community

Join facilitators Nouran and Catherine each week to share meaningful conversations about parenting, self-care, emotional well-being, and everyday life. We also explore a variety of topics based on the interests of participants. This group is for anyone interested in exploring personal well-being, learning, and mutual support.

St. John's Library

Thursdays

July 10 - August 14

12:30 - 2:30 p.m.

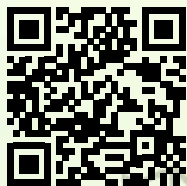
All adults are welcome!

Snacks and bus tickets provided.

Hosted by Mount Carmel Clinic



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Free. To register, scan the QR code, or phone, visit, or go online at **winnipeg.ca/library**

