

Adult Wellness Wednesdays
Ages 18+
6:00 P.M. 8:00 P.M.

Topics are below. Some evenings may include a craft: to be determined

November 16 - Monitoring your Thoughts

November 23, 2022 - Session cancelled due to other programming at 3 Maple

November 30, 2022 - POTLUCK at 5:30 P.M. - Checking & Changing Thoughts

December 7 - Coping & Relaxing
Attention & Mindfulness



Family Well-Being Lodge (3 Maple, St. Wawa)

Group Session by Doris Jacques, Michipicoten First Nations
Family Well-Being Worker

(Potluck Dinner on the last Wednesday of the month, @ 5:30 P.M.)

To sign up or for more information, contact Doris at 705-856-0129 ext 235
or d.jacques@michipicoten.com