

APRIL WELLNESS WEDNESDAYS GROUPS 3:30-5:30PM

Ran on Virtual Platforms during COVID!

7th

Exploring Self-Care

Exploring Time
Management

9th

16th

Exploring Stress +
Healthy Coping

Exploring Post
Secondary Options

23rd

Email foundryterraceinfo@tdcss.ca
for more information, to sign up,
and for invite links!

Group activities are subject to change*

• F O U N D R Y •
TERRACE

APRIL CHILL OUT FRIDAY GROUPS 3:30-5:30PM

Ran on Virtual Platforms during COVID!

~~2nd~~

Closed for
Holiday!

Disney Movie: Inside Out

9th

16th

Game: Bingo!

Movie: Remember the
Titans

23th

30th

Game: Skribbl.io

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Group activities are subject to change*

• FOUNDRY •
TERRACE

APRIL MINDFUL MONDAY GROUPS 3:30-5:30PM

Ran on Virtual Platforms during COVID!

~~5th~~

Closed for
Holiday!

Journaling

12th

19th

Coloring Pages

Paint Night

26th

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Group activities are subject to change*

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