## JUNE MINDFUL MONDAY GROUPS 3:30-5:30PM

Ran on Virtual Platforms during COVID!



Documentary: Seaspiricy

Activity: Origami





Baking: Brownies

Activity: Bracelets





Group activities are subject to change\*



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## JUNE WELLNESS WEDNESDAYS GROUPS 3:30-5:30PM

Ran on Virtual Platforms during COVID!



LGBTQ2SA+ Gender Identity

Healthy Relationships





Mental Health Awareness

Cultural Awareness: Indigenous Culture





How to do Taxes



Group activities are subject to change\*





## JUNE CHILL OUT FRIDAY GROUPS 3:30-5:30PM

Ran on Virtual Platforms during COVID!



Game: Trivia







Activity: T-Shirt Decorating

Game: Escape Room





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

Group activities are subject to change\*

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