



THE MENTAL HEALTH PROGRAM PRESENTS:

# SENIORS' WORKSHOP

Offered in-person at 790 Bay St., Unit 306

## GROUP DATES:

**APRIL 22, 2025 FROM 1:00-4:00 PM**

*REGISTRATION OPENS MARCH 10TH, 2025*

**JULY 15, 2025 FROM 1:00-4:00 PM**

*REGISTRATION OPENS JUNE 9, 2025*

**OCTOBER 7, 2025 FROM 1:00-4:00 PM**

*REGISTRATION OPENS SEPT 1, 2025*

## Event Details:

- This workshop is a small, interactive group for those aged 65+ who are interested in connecting with other seniors
- Topics will be decided among the group and guided by facilitators, with peer discussion and support encouraged
- Topics discussed may include: making/maintaining connections, healthy aging, navigating community resources, and more
- A light lunch will be provided

**TO REGISTER, CALL 416-260-1315 EXT. 0**

**THIS IS A FIRST COME, FIRST SERVED WORKSHOP**

**YOU MAY ONLY REGISTER FOR ONE WORKSHOP AT A TIME  
AND CANNOT REGISTER BEFORE THE REGISTRATION DATE  
BELOW EACH WORKSHOP**

