



THE MENTAL HEALTH PROGRAM PRESENTS:

# SENIORS' WORKSHOP

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

## GROUP DATES:

SEPTEMBER 16, 2025 FROM 1:00-4:00 PM

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

NOVEMBER 18, 2025 FROM 1:00-4:00 PM

## 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
- Snacks will be provided

**\*YOU MUST REGISTER IN ORDER TO ATTEND THE GROUP\***

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