


Bridges Community Health Centre

Community Health and Wellness Programs

New Year, New You!

6-week in-person program - Fort Erie Site



All Bridges CHC programs are open to the entire community at no cost.

Tuesdays, January 16, 23, 30, February 6, 13, 20
4:00-5:00pm

Join our social worker and start off the new year in this six part learning series—topics include setting personal goals, mindfulness as motivation, grounding & gratitude, stress reduction, busting through barriers, and celebrating success.

To register or for more information, please call 905-871-7621 ext. 0 or email info@bridgeschc.ca