

# Bridges Community Health Centre

## Community Health and Wellness Programs

### Tree of Life Workshop



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

**Friday, November 1st, 1:30-3:30pm—Port Colborne site**  
**Friday, November 15th, 1:30-3:30pm—Fort Erie site**

Join our Registered Social Workers for an afternoon of self discovery in this creative and exploratory workshop. Reclaim your identity and examine the story of your life through art. Journey through the process of cultivating the kind of person you want to be moving forward and unlock new personal goals and possibilities.

To register for the Port Colborne site:  
Call 289-479-5017 ext. 0 or email [info@bridgeschc.ca](mailto:info@bridgeschc.ca)

To register for the Fort Erie site:  
Call 905-871-7621 ext. 0 or email [info@bridgeschc.ca](mailto:info@bridgeschc.ca)