



Mindfulness Through Clay



Free 8 week program exploring ways to improve health & well-being

WHO: Referred SRCHC clients

What: Introduction to clay and mindfulness
Explore ways to improve health and wellness
Connect and learn with others

When: Tuesdays, October 18 to December 6
1pm to 3pm

Where: Studio on the Hill, 967 O'Connor Drive

How: Call **416-419-5934** to register (space limited)

**indoor activity, covid screening & masking required*