



Wellness through Connection

Wellness through Connection is a peer-led group that focuses on ways to prioritize self-care. It encourages participants to take time to nurture their body and mind in simple, fun and effective ways.

Learn about

- Minimizing stress
- Self-care techniques
- Sharing circles
- Personalized vision boards

Need more information?

Contact CMHA Kenora Branch at 1-807-468-1838 or office@cmhak.on.ca.



Canadian Mental
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Mental health for all