Guelph CHC
growing healthy together

Getting Ready

No Registration Required!

Just Drop In!

Getting Ready

Every Friday, 11:30AM – 1:00PM

Guelph CHC Community Room, lower level , 176 Wyndham St. N

Are you ready to make a change?

This group works on a series of weekly topics—come for one or come for them all !!

1st Friday	**No Worries**	*Reducing stress when life is stressful.*
2nd Friday	**Better Together**	*Creating better relationships with partners, family and friends.*
3rd Friday	**I'm Worth It**	*Strategies for better self care.*
4th Friday	**I Like Myself**	*Challenging negative thoughts to help view yourself in a different way.*

www.guelphchc.ca ● 519-821-6638 x 270

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