

WEDNESDAYS

Connect & Chat



FOR ALL PARENTS & CAREGIVERS

Discover, Connect and Grow!

Virtual Group
Bi Weekly on Tuesdays
12:00 P.M. - 12:45 P.M.

In this peer led group we will:

- Explore different topics important to you for your well-being, from personal growth and wellness activities, resource sharing and creative pursuits
- Engage in meaningful conversations with other parents and caregivers who support a child with mental health challenges
- Expand your connections in a supportive community
- Unwind, share and experience invigorating conversations in a safe and relaxed environment

Let's create a vibrant community together!

Come join us

and be a part of our new monthly

Connect & Chat Group

Find out more about us at:

www.vanier.com/programs-services/community-services/hope/

**How do you I
get the zoom link?**

Reach out to the
H.O.P.E Client and Family Engagement
Coordinator

**Hope@vanier.com
or call 226.235.4426**