



# Bouncing Beyond

Online through Zoom  
& In-Person Starting April 5th  
Alternating Tuesdays 1:30-3:30pm



Have you completed a  
mental health group program  
with a Social Worker?

Would you like ongoing support?

Consider joining this group!

**WHAT:** An ongoing mental health peer support group where you can practice skills learned in other groups, and learn new skills

**WHEN:** Alternating Tuesdays from 1:30—3:30 pm

**WHERE:** In-Person  
69 Catherin Street, Trenton Community Hall A & B  
**Online through Zoom**  
Details will be sent to your email so you can join the sessions

**Free and Open to Everyone in the Community!**

**A SHORT INTAKE IS REQUIRED**

For more information, please call **613-962-0000** or **613-965-0698**

*Please Note: Group programs may be cancelled with short notice due to COVID-19*



Like us on Facebook!



Follow us on Instagram!