



Resources for Self-Care

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health.

Join us online, using Zoom at this session to talk about free activities and resources you can use to build your own self-care routine with guest speaker Penny MacLean.

Penny MacLean is an experienced and highly sought-after Mental Health First Aid instructor and motivational speaker. She is passionate about social justice and has been instrumental in effecting meaningful and positive change for people living with mental health issues while also supporting those in positions to assist.

Join us!

▶ **TUESDAY, MAY 7**

1:00 pm – 2:00 pm, online, using Zoom

Click here to register: <https://is-gw.ca/event/wellness-workshop-resources-for-self-care/>

Join us online again, **Tuesday, June 4 at 1:00 pm**, for a second session with Penny about **Finding Practical and Professional Supports in Guelph**.

For more information or help to register, contact **Yasmin** 519-836-2222, ext. 230 or yholoubi@is-gw.ca

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