



# 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 finding practical and professional supports in Guelph 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, June 4**

**1:00 pm – 2:00 pm, online, using Zoom**

Click here to register:

<https://is-gw.ca/event/wellness-workshop-resources-for-self-care/2024-06-04/>

For more information or help to register,  
contact **Yasmin** 519-836-2222, ext. 230 or [yholoubi@is-gw.ca](mailto:yholoubi@is-gw.ca)

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