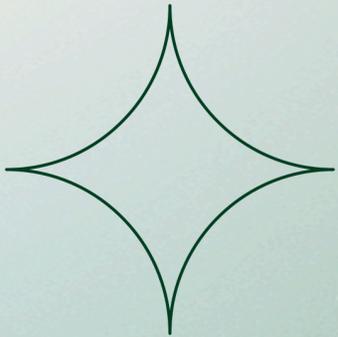


MARCH WELLNESS WORKSHOPS AT QSFHT



**GRIEF AND GRIEVING
WORKSHOP
(CYRIL CLARK
LIBRARY)**

**MAR
16**

2:00PM-3:30PM

**MINDFULNESS
WORKSHOP
(VIRTUAL)**

**MAR
19**

4:00PM-5:30PM

**SLEEP WORKSHOP
(BRAMPTON LIBRARY
- CHINGUACOUSY
BRANCH)**

**MAR
20**

2:30PM-4:00PM

**ALUMNI GROUP
(VIRTUAL)**

**MAR
25**

4:00PM-5:30PM



**SIGN UP FOR FREE ON OUR
WEBSITE! FOLLOW THE LINK
IN OUR BIO.**