



Canadian Mental  
Health Association  
**Halton**  
*Mental health for all*

## **BUILDING BLOCKS**

**Bringing forth our innate ability to heal individually and collectively as a community.**

**A drop-in group that invites us to listen and share on health and wellness topics followed by the somatic approach of yoga and mindfulness.**

**No props are needed. Come just as you are.**

**All 16 and over are welcome.**



**A space to heal and practice.  
Building on the Body's Wisdom.**

**WHEN: Wednesday, April 9**

**11am-12:30pm**

**WHERE: Canadian Mental Health Association Halton**

**1540 Cornwall Road, Unit 102 Oakville**

**Direct any questions you may have to  
[peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)**