



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: 2nd and 4th Wednesday of the month

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**