



We are all unique, shaped by different cultures.
This influences how we cope with life's ups and downs.
Let's explore and celebrate how our cultures strengthen our mental wellbeing.

Join us in

CELEBRATING YOU



'Celebrating You' is a four-part series celebrating diversity in life experiences. Join us for a safe space to explore your identity and how your background shapes your mental wellbeing. We will use different wellbeing practices from various cultures to guide the activities.

Sign up today!

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ADULTS 18+



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SATURDAYS/SUNDAYS, 2-4 PM
JUNE 1, JUNE 2, JULY 6, JULY 13



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