



Restore Your Resilience, Rediscover Your Joy

PATHWAYS TO RESILIENCE

If you're seeking to enhance your physical, mental, emotional, and spiritual wellbeing through new skills and fresh perspectives, "Pathways to Resilience" is the series for you. Based on "The Chemistry of Joy Workbook" by Dr. Henry Emmons, this eight-week program integrates the best of brain science, nutrition, and mindfulness to help you restore the elements of a joyful life.

Registration Required. For more information, contact: Joanne Books - (807) 683-4952
THUNDERBAY.CMHA.CA/EVENTS

SESSION DATE

October 23, 8 weeks

LOCATION/TIME

CMHA – 200 Van Norman St.,
7:00 pm – 9:00 pm

WORKSHOP FEE

\$125 per person, includes 8 sessions and materials



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Health Association
Thunder Bay
Mental health for all

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