

**COMMUNITY
CONNECTIONS**

Ladies' Social for Newcomers
Join us for a 3-Part
Self Love & Mindfulness Workshop

Wednesday, May 19, 2021 6:00 pm

Wednesday, July 21, 2021 6:00 pm

Wednesday, September 15, 2021 6:00 pm

Enjoy conversations about self care and mindfulness.
Focus on your happiness and well being.



ONLINE EVENT

**WELCOME
CENTRE**

Welcome Centre - Ajax
458 Fairall Street, Unit 5
Ajax, ON L1S 1R6

Toll-free: 1-877-761-1155

www.welcomecentre.ca

For more information, contact Alana Andrews

905-686-2661 Ext. 121 or aandrews@cdcd.org



CDCD
Community Development
Council Durham

