



Are you **THRIVING** or just **SURVIVING**?

CLASSES IN

MENTAL WELLNESS FOR ALL

Strive to Thrive

is a program to help you explore your symptoms of wellness and improve your mental health.

FREE 5-week program to help develop skills, knowledge and practices to empower you to *thrive*.



INTRODUCTION

THRIVING

TRANSITIONS

RESILIENCE

BUILDING CONNECTIONS

TO REGISTER

Call:



Email:



Space is limited Register Early!

