



FALL 2023 CLASSES



Are you *THRIVING* or just *SURVIVING*?

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.



BRANDON (IN PERSON): Thursdays, September 14 – October 12
6:30 pm – 8 pm | Brandon Regional Health, CSI Main Floor Link

KILLARNEY (IN PERSON): Wednesdays, September 6 – October 4
1:30 pm – 3:30 pm | Tri-Lake Health Centre, Multi-Purpose Room

STE. ROSE (IN PERSON): Thursdays, September 28 – October 26
6:30 pm – 8 pm | Ste. Rose Primary Health Care Centre

VIRTUAL VIA MS TEAMS: Thursdays, November 9 – December 7
6:30 pm – 8 pm | Link to join will be emailed to you when you register.

TO REGISTER



1-877-509-7852



HealthPromotion2@pmh-mb.ca

Space is limited Register Early!

