

THE GATHERING TABLE

Wednesdays 12:00pm – 1:00pm

What's on the table for term 4?



7 Oct

Welcome back: intro and program review



14 Oct

Breathe & Reset: Mindfulness Workshop



21 Oct

Get Online Week: Digital Wellbeing
& Staying Connected



28 Oct

Seniors Week: we're making something yum!



4 Nov

Extreme Heat Preparedness workshop
with the Red Cross

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11 Nov

Midterm Consultation and
choose-your-own-activity



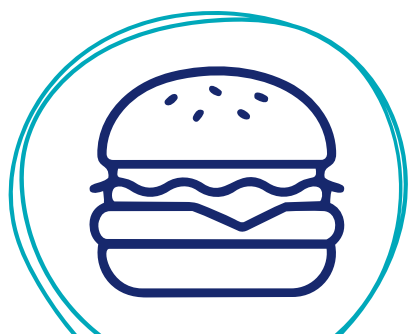
18 Nov

Discussion and activity: Knowing Yourself:
Strengths, Values & Wellbeing



25 Nov

Group discussion: Respectful Relationships,
Safety & Community



2 Dec

Cooking for wellbeing: gluten free veggie burgers



9 Dec

Create an Everyday Wellbeing Toolkit



16 Dec

Come together for a community meal
and look back on the year.