

JOBS CALEDON GUEST SPEAKER **GLORIA SEGOVIA** **SELF CARE VS. SELF SABOTAGE**

THE HIDDEN TRUTH

LEARN 3 KEY INSIGHTS TO ACHIEVING MENTAL WELLNESS:

- Improving your lifestyle by recognizing self care boundaries
- Difference between caring for ones needs and not
- NAMI f2f resources



Thursday
December 13th, 2018
9:30AM - 11:30AM
Jobs Caledon 18 King St. E
Upper Level

TO REGISTER :
jobs@ccs4u.org OR
905 584 2300 x 200

