

Bloom & Breathe

YOGA WELLNESS WORKSHOP

Join us for a wellness workshop featuring interactive coping skill activities and gentle yoga to help reduce stress and promote self-care.

What to Expect



Coping activities



Yoga



Light refreshments

17

September 3rd, 2026 | 3:30 PM - 5:30 PM



Unit 101, 60 West Drive, Brampton



Support Line: 437-243-3735



Scan to Register