

Fill Your Cup with Positivi-Tea!

A Wellness Break for Caregivers

When?

Sunday, December
21st, 2025
12PM-2PM



Where?

60 West Dr,
Unit 101
Brampton, On
L6T 3T6

Take a moment for yourself. Join us for a warm, uplifting session focused on caregiver wellness and burnout support.

What's Included:

Refreshments & welcome
Discussion on caregiver burnout
Creative decorating activity

Come relax, recharge, and fill your cup.

To Register: Email- jaslene.singh@pchs4u.com Phone- 416-579-4142