

# ROOTS OF JOY WORKSHOP



Presentation



Mental Health Talk



Seedling



Refreshments




Community  
Connection

*Participants will have the opportunity to pot and plant their own plants while taking part in meaningful conversations around mental health and overall wellness. This hands-on activity encourages relaxation, connection, and open dialogue in a supportive environment.*

 **Friday, May 15 2026**

 **5:00PM – 7:00PM**

 **Room 101, 60 West Drive,  
Brampton, ON L6T 3T6**

Scan this QR code to register or:



 **437-243-3735**

 **SUPPORTLINE@PCHS4U.COM**

