

Emotional Wellness

Using their lived experience, Sara and Sharon are inviting you to join them at The Stop's weekly emotional wellness peer support group. Share your stories, inspirations, successes, and challenges. Strengthen self-care knowledge while finding support through engaging and connecting with one another.



Group Information

Who: Open to adults in need

Time: Every Thursday from 10 am – 12 pm

Start date: Thursday July 5th 2018, Ongoing

Where: Blue Room at 1884 Davenport Road ***Accessible**

* Light drinks and snacks will be provided

Drop-in Hours

One-on-one time with Sara or Sharon

Sharon's hours: Monday & Friday from 10 am – 11:30 am

Sara's hours: Tuesday from 10 am – 3 pm

For more info
please contact
Sara at:
sara@thestop.org



For Sharon, please
contact at:
sharon@thestop.org

Phone Contac: Winsome at 416 652 7867 Ext. 227