

## **Come join Community Connections at the Alliston Krasman Centre!**



**When:** Every Thursday (Starting September 7, 2017)

**What:** 11am-12pm – Creative Activity

*Do you like to get creative? In this group, we will work together on a variety of activities that will help boost your creativity, connect with others, and have fun.*

2pm-3pm – Self-Compassion Skills

*Learn to be more kind, connected and comfortable with yourself. We will be using concepts of mindfulness to direct compassion inwards to ourselves, which helps us to be more kind to ourselves and others.*

**Where:** Krasman Centre – 17 Paris Street, Alliston, L9R 1J3

 Krasmancentre