Community Connections Presents

Positivity In Me!

Join me to fill your positivity journal with memories, goals, gratitude, and things that make you smile.

Registration: Drop In - In person

Dates: Continuing: Tuesday September 1st , 2026
Every **Other** Tuesday from: 2:15pm to 3:15pm

Address: 15150 Yonge Street Aurora, ON (Lower)

Contact: bsarabun@cmha-yr.on.ca for more information

@CMHAYork

cmha-yr.on.ca

Canadian Mental Health Association
York and South Simcoe