

There's a lot more to a cup of coffee than just the coffee!

(Canadian Coffee Association)

# Join the monthly COFFEE BREAK

March 12<sup>th</sup>, April 9<sup>th</sup>, May 7<sup>th</sup>

From 1:30 to 2:30

Main building (516 Portage Ave.)

Play a game of Crib...

Draw or paint...

Or just sit and visit...

Everyone welcome!

Coffee, Tea, Juice, and snacks.



Questions, please contact Deb Emes, Healing and Wellness Worker

Coffee brings friends, co-workers and groups together to connect and catch up. These breaks can also help combat and address mental health issues.

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