

Heart to Heart at the Library

1-TO-1 WELLNESS CHAT



Join us at the library for a 30-minute wellness chat. Share your thoughts and feelings in a safe and caring space. Your well-being matters to us, and we're here to listen and support you.

Start Dates and Language Available

Fri, Oct 13 - English, Cantonese and Mandarin

Fri, Oct 20 - English, Cantonese and Mandarin

Fri, Oct 27 - English, Czech & Slovak

WHERE: Parkdale Library, 1303 Queen St W.

WHEN: Between 9:15 am and 12:15 pm

(Choose a 30-min time slot)



*To register, please scan the QR code >>>
or contact Daniel at stai@culturelink.ca*

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