Flourish: Winter Self-Care Strategies

Wednesdays,
January 7 – January 28

1:00 – 2:30 p.m.

DCHC Oshawa South Site

115 Grassmere Ave, Oshawa

To register please contact Amy at:
anagel@durhamchc.ca or 905-420-0333 ext. 2239

Join us this for this four-week interactive, skills-based program to learn strategies for improving your wellness.

We'll talk about managing stress, getting better sleep, relaxation techniques, and prioritizing self-care.

Pre-registration is required.

If you require accessibility assistance, please contact info@durhamchc.ca or 1-877-227-3217