Iroquois Falls

Family Health Team Équipe Santé Familiale

The Coffee Break Senior Well-Being Group

A safe space for connection, reflection, creativity & care.

What is a well-being

group?

A small, intimate group for reflective practice, sharing stories, experiences, and helpful insights.

Am I Eligible?

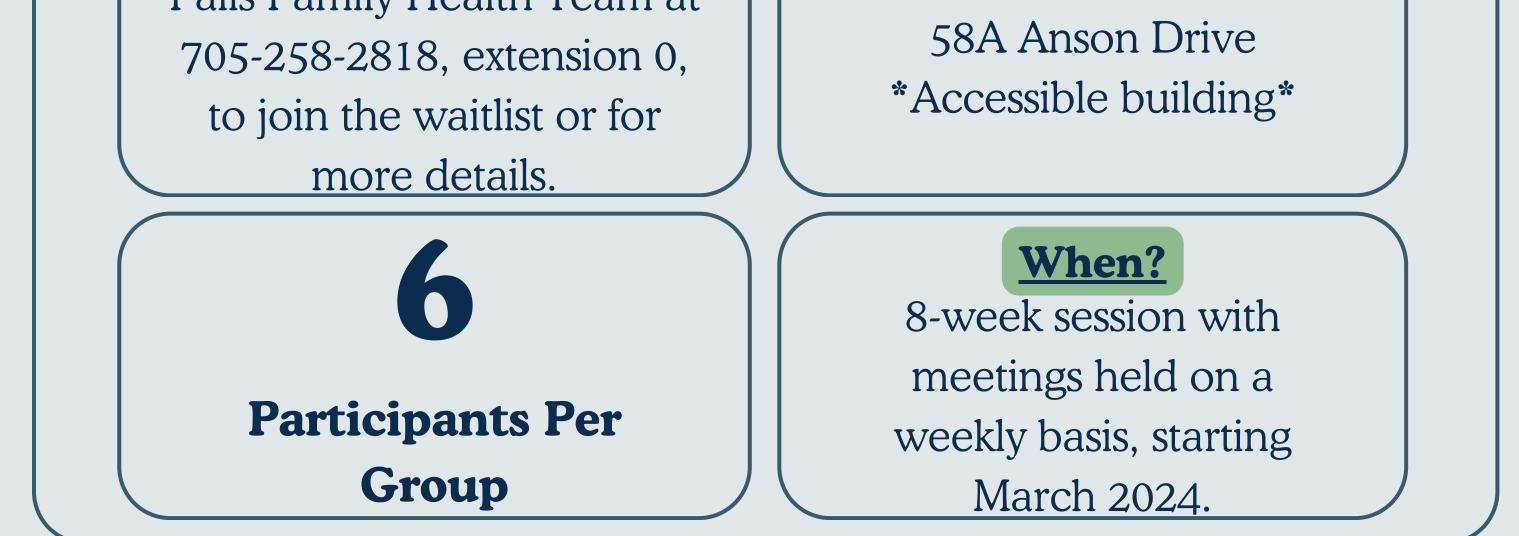
If you are 60+ and currently enrolled at the Iroquois Falls Family Health Team, you are eligible.

How Do I Sign Up?

Please contact the Iroquois Falls Family Health Team at **Location:**

Iroquois Falls Family Health

Team



"There are years that ask questions and years that answer" -Zora Neale Hurston

Confidentiality

Please be assured that all group interactions will remain confidential. A non-disclosure agreement will be signed by all group members on the first visit.

*Coffee & tea will be provided.

