

# 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 705-258-2818, extension 0, to join the waitlist or for more details.

### Location:

Iroquois Falls Family Health Team  
58A Anson Drive  
\*Accessible building\*

**6**

**Participants Per Group**

### When?

8-week session with meetings held on a weekly basis, starting March 2024.

“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.

