



Thursdays/Jueves  
10am -12 pm  
Free/Gratuito  
Online

# SPANISH-SPEAKING WOMEN'S GROUP

## GRUPO EN ESPAÑOL PARA MUJERES

Discover your strengths through group work. Together you will strengthen your physical, mental, and spiritual well-being.

Descubre tus fortalezas a través del trabajo en grupo. Juntas fortaleceremos nuestro bienestar físico, mental y espiritual.



Contact/contacto: Leticia Esquivel  
LEsquivel@mnlct.org - (647) 812-1332

020425



Mennonite  
**new life**  
centre



Canadian Mental  
Health Association

Sponsored by:  
Organizado por:



S.E.P.T.  
Settlement and Education  
Partnerships in Toronto