



Reconnect and Recharge Group In person at LSCO Community Centre
Wednesdays from 10-11:30am and Fridays from 2-3:30pm
Psychoeducation/Skills

We are excited to offer a therapeutic group for people who are struggling with mental health and would benefit from being with others in a safe non-judgmental space. The group will be led by a Recreation Therapist and a Mental Health Therapist to offer a well-rounded approach to wellness. Access to a Seniors System Navigator is available to support connections and longer-term socialization engagement.

We hope to offer group members the opportunity:

- To reduce social isolation
- To build connections and explore the benefit of connecting with others
- To explore relaxation exercises and mindfulness to connect with the body
- To build self-compassion and empathy
- To share the effects of the pandemic and how to move forward
- To meet LSCO staff to foster connection to a community organization

Referrals

Adults age 18+ welcome

contact Susan or Brandy at 403.388.6244 for more details

In partnership with:

Healthy Albertans.
Healthy Communities.
Together.

