

Mental Health & Wellness for Older Adults

Catholic Family Services is pleased to present...

Friendship Benches

If you want to talk, we want to listen.

Barrie (along the waterfront) Mondays in June / 9am-noon

Bradford (various locations) Mondays in June / 2pm-5pm

Orillia (along the waterfront) Tuesdays in June / 9am-noon

Friendship Benches launch conversations, spark smiles, and expand networks.

In June, watch for our MatureMinds Coordinator Jenna (and her chalkboard sign) chatting at community benches in Barrie, Bradford and Orillia. Everyone is welcome to stop by our Friendship Benches. Thanks to our funders and host communities, there is no cost for participants.

June is #SeniorsMonth in Ontario Stay Active, Connected, and Safe



For more information, visit <u>cfssc.ca/MatureMinds</u> or call (705) 726.2503 ext.140

cfssc.ca