

"can't pour from an empty cup"

For parents and youth: how to use nutrition, movement and mindfulness to reduce anxiety while supporting and elevating yourself and your loved ones.

· FOUNDRY ·
NORTH SHORE



An interactive and holistic virtual workshop with Catrina McCrae (CPT, CHN, CHHC) and Janette Mason (CNP) of The Connection Project BC

April 6, 2021
7PM-9PM PST

FREE COMMUNITY
CONVERSATION

For more information and RSVP:

<https://cantpourfromanemptycup.eventbrite.com>