

# "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



the connection  
project bc

**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

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FREE COMMUNITY  
CONVERSATION

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**For more information and RSVP:**

**<https://cantpourfromanemptycup.eventbrite.com>**