

Every Wednesday!
Peer led event!

CHAT AND CHILL 2025



AUGUST

- 27 Aug- Time to Bounce Back

SEPTEMBER

- 3 Sept - Care & Comfort Conversations
- 17 Sept - Rx vs Selfcare
- 24 Sept - Healthy Intimacy 101

OCTOBER

- 01 Oct - Move & Muse
- 08 Oct - Spreading Kindness
- 15 Oct - Keepin' it Green



Refreshments will be served.

From Us to You
#Let's Chat