



Reminiscence Workshop

SHARING OUR LIFE STORIES



Benefits of Reminiscing:

- Opportunity to Share stories & photos
- Social Interaction & Connection
- Communication & Self-expression
- Provide support for one another
- Gain confidence, Self-Worth & Achievement
- Laughter & Enjoyment

Date: 10 Sessions will take place every Tuesday afternoon

First session will begin April 17th - June 19th

Time: 1:30pm – 3:30pm

Place: 899 Boul Chomedey, Laval (Holy Name of Jesus Parish)

Cost: \$60

Light Refreshments will be served!

Sign-up with Aileen (514) 594-5683 aileenborruel@yahoo.ca

Or feel free to contact for any inquiries

