

LUNCH & LEARN

Seasonal Support Series

SESSION 1: "The Winter Blues"

Learn more about Seasonal Affective Disorder (SAD) and explore gentle, practical ways to support your mental and emotional well-being during the winter months.

FEBRUARY 5, 2026

12:00 – 1:00 PM

Community Services Lunch Room



Session include:

- A short, engaging video
- A shared meal
- Open discussion
- Tips and ideas for supporting our own wellness and one another



Door Prizes

To sign up and to request rides please contact our Community Services.

CONTACT



250-989-2355