

LUNCH & LEARN

Seasonal Support Series

SESSION 2: “Self Care for Stress”

A conversation around simple ways we can regulate and calm our nervous system when we are overwhelmed by life events.

FEBRUARY 12, 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