

TOGETHER

COMMUNITY CAFES



All South Surrey-White Rock Residents Welcome!

Connect with other locals in this **free** and **interactive** series where we discuss ways to enhance well-being and live a **happier** and more fulfilling life. Led by a mental health professional!

DATES

TOPICS

LOCATION

TIME

October 1, 2025

Inviting Joy

ROADHOUSE GRILLE

November 5, 2025

The Power of Me

1781 KING GEORGE BLVD

December 3, 2025

Healthy Habits

12:45-2:15PM

October 9, 2025

Effective Communication

WR COMMUNITY CENTRE

November 13, 2025

Deciding Yes, Defining No

15154 RUSSELL AVENUE

December 11, 2025

Uncovering Purpose and Meaning

6:00-7:30PM

October 20, 2025

Deep Listening

LAURA'S COFFEE CORNER

November 17, 2025

Assertiveness Skills

15259 PACIFIC AVENUE

December 15, 2025

Healthy Habits

9:30-11:00AM

REGISTRATION FOR THIS LOCATION IS STRONGLY ADVISED!

October 25, 2025

The Sleep Advantage

WHITE ROCK LIBRARY

November 22, 2025

Decoding Emotions

15342 BUENA VISTA AVENUE

December 27, 2025

Effective Communication

11AM-12:30PM



TOGETHER
for mental wellness



TO REGISTER

info@together-sswr.com

LEARN MORE

www.together-sswr.com

