

Older Adults & Seniors

Active & Healthy Aging



Peer Support Group for Seniors (English)

Participants will build their skills in self-care, including stress management, illness prevention and positive and healthy living. Self-care is about identifying your own needs and finding effective means of meeting those needs.

The Seniors Peers Support Group also provides a safe space and environment to share your own unique knowledge and experiences. Each session is two hours long, with a one-hour workshop and a one-hour discussion and story-sharing.

Participants are encouraged to become volunteers with our Better at Home program, and support peers with knowledge gained in the support group.

Fridays | 1-3 p.m.

May 17 & 31, June 14 & 28, July 12 & 26, August 9

Mount Pleasant Neighborhood House

800 East Broadway, Vancouver
Unceded Coast Salish Territory
www.mpnh.org

**For registration, please contact
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**Mount Pleasant
Neighbourhood House**