

How Do We Stay Fully Ourselves?

Moments of reflection, connection and kindness

In a world that moves so fast
and keeps competing for our attention,
let's slow down, listen, share and reconnect.

What We'll Explore

Together, we'll have a conversation about what it means to stay true to ourselves and how we can care for what matters most.

OUR BODY
How do we care for our physical health and well-being?

OUR EMOTIONS
How do we manage what we feel and protect our inner balance?

OUR ENERGY
What gives us energy, and what drains it?

OUR AUTHENTIC SELF
Who are we when we're not trying to meet someone else's expectations?

OUR BRAIN
What do we allow into our minds? How do we stay focused, curious and open?

OUR CONNECTIONS
How do we have a positive impact on others — and how do others impact us?

Because we have an impact on each other.

Let's create moments of reflection and connection.

Saturday
November 28, 2026
2:00 – 3:30 pm

Rockcliffe Park Community Centre
380 Springfield Rd,
Ottawa, ON K1M 0C9
Room on the main floor near the library.

$20
(Tea, coffee and cookies will be served and included)

Free parking
at the back of the building.

Be present • Be kind • Make a difference