

MINDFULNESS & WELLNESS GOAL SETTING WORKSHOP



A supportive workshop focused on mindfulness, self-care, and meaningful goal setting

Date: Saturday, January 17, 2026

Time: 1:00 - 4:00 pm

Location: Pivot Point Family Services Canada

@ Country Heritage Park, Milton ON

Cost: \$40 per person

Payment can be made calling 604-726-3785 to pay by credit card or by e-transfer to ontario.payments@pivotpoint.ca

Join us for a Mindfulness & Wellness Goal Setting Workshop designed to support reflection, self-awareness, and personal growth in a calm, welcoming space. This interactive session offers guided, hands-on activities to help participants explore goals, practice gratitude, and engage in mindfulness at their own pace.

Activities include vision goal sheet creation, a gratitude jar workshop, a guided mindful meditation, and group discussion and connection.

**ADULTS
18+**

IMPORTANT DETAILS:

- Light refreshments provided
- 1:10 ratio of support provided
- Attendance is subject to completion of a behavioral attestation
- Limited spaces available!
- Passport funding is applicable
- Registration will be open until Friday January 16th, or until capacity is reached