

INTRODUCING:

Mind SPACE

Our newest Signature
SERIES program

This 6-WEEK PROGRAM will
cover the following topics:

- ✓ Understanding Mental Health
- ✓ Common Mental Health Concerns
- ✓ Stress and Resilience
- ✓ Developing Empathy
- ✓ Loneliness and Relationships
- ✓ Physiology and its Connections to Mental Health



Contact us
TODAY!

How does
Mind SPACE work:

Every week participants will receive an email with helpful resources and an invite to the weekly seminar (on-site) or webinar (virtual). All virtual classes are also recorded for those who can not attend live.



Wishing Well Works
CORPORATE WELLNESS