



# Tree of Life Support Group

In this creative and supportive counselling group, young people are invited to think of their life in relation to the different parts of a tree, highlighting what makes them unique.

## Winter/Spring 2026 Groups

### ► February Group

February 2 – March 9, 2026

*\*No session on Family Day*

Ages: 13 – 16 years

### ► May Group

May 4 – June 8, 2026

*\*No session on Victoria Day*

Ages: 10 – 13 years

The groups meet once a week –

- Day: Monday
- Time: 5:30 PM to 7:00 PM
- Location: Strides Consilium Site  
100 Consilium Pl., Suite 600  
Scarborough, ON M1H 3E3

**This FREE 5-week in-person art program includes:**

### • Exploring your roots

Reconnect with where you come from, family history and names of people who have taught you most in life.

### • Growing your skills

Reconnect with your skills and abilities and what you are good at.

### • Dreaming about your future

Connect with your hopes, dreams, and wishes for the life you want to live.

### • Recognizing important influences

Reflect on the people, relationships, and experiences that have guided and supported you.

### • Weathering the storm

Discover as a collective the ways that people move through problems and what is helpful in the face of adversity.



To register or learn more about the group, scan the QR code or call us at 416-438-3697. Press 1 for English, then choose option 3 for Mental Health Services.