



THERAPEUTIC BOOK CLUB

FALL 2025/WINTER 2026

WHY JOIN?

BUILD MEANINGFUL CONNECTIONS
WITH LIKE-MINDED PEOPLE

EXPLORE PERSONAL GROWTH
IN A SAFE, THERAPEUTIC
SETTING

ENGAGE WITH POWERFUL
THEMES OF RESILIENCE,
AUTHENTICITY, AND JOY

ENJOY THE PACE OF MONTHLY
READING (55-65 PAGES PER
MONTH)

**BOOK: WE CAN DO HARD THINGS
BY GLENNON DOYLE, ABBY
WAMBACH & AMANDA DOYLE**

THIS ISN'T JUST A BOOK CLUB,
IT'S A SPACE FOR GROWTH,
HEALING, AND COMMUNITY

\$55 PER SESSION

MONTHLY MEETINGS WILL BE
HELD ON TUESDAYS FROM
7:00 - 8:30 PM

THE KW YURT
508 DUKE ST WEST, KITCHENER
FREE STREET PARKING



RECEIPTS PROVIDED

FOR ADDITIONAL DETAILS
SCAN THE QR CODE

CONTACT INFO:
HELP@TYCOUNSELLING.CA

SPACE IS LIMITED TO 10 PARTICIPANTS