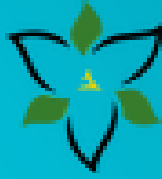




Ontario
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Malton Women Council

TAKING CHARGE OF OUR MENTAL HEALTH

Topic: Narrative Therapy-3



**FRIDAY,
DECEMBER 02, 2022**

6:00 PM ON ZOOM

Session Highlights:

- Rewriting the Story of your Life
- Reconstructing your Identity
- Making room for Change

MANMEET NARANG

Poet & Coach

As a parenting guide, a life skills trainer, a creative writing mentor, a wellness advocate and facilitator, Manmeet's journey of twelve years being a coach so far has been adventurous and fulfilling. She stepped into the shoes of an entrepreneur by establishing Sailing Leaf in 2016. It is less of an organization and more of an ecosystem where children thrive, explore and tap into their creative expression.

REGISTRATION

+1 647-391-9668

Email: info@mwc.community

www.mwc.community