

A close-up photograph of four hands of different skin tones cupped together, holding a green awareness ribbon. The ribbon is tied in a loop, symbolizing mental health awareness. The background is a solid teal color.

In honour of Mental Health Awareness Week...

FREE
Yoga Class 6-7 PM
Wellbeing Discussion 7 PM+

Cross Recreation Centre
Tuesday 7 October 2025

Arrive early to secure your spot
Bring your own mat