

# MINDFUL COPING WORKSHOP



JODEE PESCELLI, BSW, RSW



**Friday May 22, 2026 from 10:00-12:00**

Please call Family Dynamics intake counsellor Jodee at 204-594-1879 to inquire about registration

[www.familydynamics.ca](http://www.familydynamics.ca)

Sessions will be offered in person.

Fees for group are free!