



Connection Café

Having a strong support system has been the go-to tip from experts when asked how to deal with the various challenges of the ongoing pandemic and the current political, social, and economic climate. At the same time, all this emphasis on the importance of social connection might also be highlighting the lack of support in your life. Our aim is to empower and provide individuals with the support they need to manage their mental health challenges "just for today" to make sure they know they are not alone in a safe, inclusive space for fun and connection. Unlike group therapy which offers targeted support, The **Connection Café** is a safe place for individuals to gather with others to talk about their successes and struggles, about their experiences, while being monitored by mental health professionals. We need to accept that we are not responsible for the concerns of yesterday or even those of tomorrow; we should manage and do our best to return to a daily practice of presence and awareness – whatever our best means for today.

The **Connection Café** welcomes individuals from a wide range of cultures, languages, ages, and experiences. This is a strength and an opportunity for all of us to learn. Please ask and explore, with an eye towards improved understanding and connection.

We offer two 30-minute sessions to provide simple, useful information and insights to help individuals effectively support themselves and others. This safe and confidential space was created to promote the mental health and wellbeing of all individuals experiencing difficulties coping, who may need help managing their energy and stress, so they are ready to take on life's challenges.

If you should find yourself needing more information around general inquiries please don't hesitate to reach out to our Wellness and Learning Initiatives team at wellness@guard.me

WE SEE YOU. WE HEAR YOU. THIS SPACE IS FOR YOU!