

# Community Connection

December 2022



Black  
Community  
Connection

See you on  
Monday,  
December 5

Time:  
6:00PM to 7:00PM ET

[To Join Click Here](#)

International  
Community  
Connection

See you on  
Monday,  
December 12

Time:  
6:00PM to 7:00PM ET

[To Join Click Here](#)

2SLGBT\*QA+  
Community  
Connection

See you on  
Monday,  
December 19

Time:  
6:00PM to 7:00PM ET

[To Join Click Here](#)

## IMPORTANT

The Community Connection groups are peer-to-peer support resources for individuals and community members to get to know and support one another, learn from professionals how to navigate everyday challenges, and connect with long-term support resources.

While we aim for a prompt starting time and a full group of participants each session, this is not always possible. To honour the integrity, safety, and the intention of the Community Connection, we will end a session early if the number of participants is a concern.

We will only proceed forward with a session that has 2 or more participants in attendance.

## Connection Café

Every Tuesday and Thursday from 12:00 PM to 12:30 PM ET

[JOIN HERE](#)



[wellness@guard.me](mailto:wellness@guard.me)

[www.wellnessandlearning.me](http://www.wellnessandlearning.me)



Wellness & Learning  
Initiatives

