

john howard society

York Region

RESET Program

Our peer-facilitated program is your backstage pass to continued support after you've crossed the finish line - at no cost to you!

RESET is designed to create safe spaces for men to focus on their mental health and wellness across a variety of topics led by you. Hear from others about their experiences and lend your own perspective!

Topics Discussed:

Healthy Relationships



Effective Communication

Grief & Loss



Anger & Mental Health

Stress & Coping



...and more!



Connect with us!

(437)427-9036 (text/call)

email:

ASinquiries@jhsyork.ca

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**Fondation
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Notes:

Contact/Dates:
