



Free Virtual Workshop for **Community Members**

# THE POWER OF GRATITUDE

**Wednesday, Oct 6 | 7:00 - 8:30 PM**

*With special guest, Aileen Borrueal, Social Worker, Joyful Connections*

Recent studies have shown how incredibly powerful the practice of gratitude can be. Join us for an interactive workshop, where together we will explore how the practice of gratitude can bring more joy, love, and abundance into your life!

[Please register on our website.](#) For any questions, please contact us at 819-557-0615 or [info@centreconnexions.org](mailto:info@centreconnexions.org)