

BREAKING Barriers

A safe environment for those struggling with stress and mental health difficulties.

Peer-led support group for ages 18 - 30.

Free to attend, confidential & absolutely no commitment required.

Free gift vouchers available to attendees from community sponsors.

Light snacks & beverages will be provided.



**ALEX
PANTON
FOUNDATION**



EVERY SATURDAY



12:30 PM - 2:00 PM



**PARCEL 110, 3RD FLOOR
ROYAL PLAZA, 40
CARDINAL AVENUE, GT**



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