

BUILDING YOUR EMOTIONAL TOOLKIT

Facilitated by David Kelley Services & Hard Feelings

A 5-part workshop series for 2SLGBTQIA+ (+18) community to connect and learn skills to better cope with difficult emotions.

Dates & Time

July 9, 23; August 6, 20; September 3, 2026
6 – 7:30 p.m.

Location

Hard Feelings, 353 Church Street, Toronto

Cost & Registration

The workshop series is free. To register contact Family Service Toronto Service Access Unit at:

416.595.9618
sau@familyserVICEToronto.org



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