



# Better Together

an intergenerational project for positive mental health

**Capital Region Mental Health & Addictions Association and Stepping Stone Senior Centre are collaborating on this exciting new project to enrich lives and build a cohesive caring community.**

The Better Together program will bring young people and older adults together to learn new skills, develop positive wellness habits and make new friends. It will be a celebration of our similarities and focus on projects that will bring joy to all participants and the community.

If you have a child in grade 3-5 who would be interested please contact Anita at **292-1580** or **[anita@crmhaa.ca](mailto:anita@crmhaa.ca)** for more details.

The first program will run on Wednesday afternoons from **June 1st to June 22nd, from 1.30-3.30pm** at the Stepping Stone Senior Centre.

Other programs will be offered in the future. If you are interested but your child is a different age, please get in touch to show your interest.



CAPITAL REGION  
MENTAL HEALTH & ADDICTIONS

