

2026

# FINDING BALANCE

*"Shifting your home fire  
into summer gear"*

**Wednesday, June 17**

**10:30AM - 12:00PM**

**TAWAW EAST: 2335 30 Avenue NE**

As the school year ends, family routines shift and new rhythms begin. In collaboration with Kindred Connections Society, Tawaw welcomes you to this one-time offering for parents and caregivers. Many of us have experienced that summer can bring both joy and challenges with children spending more time at home.

Please join us as we explore simple and supportive ways to create balance within our home fires and within ourselves guiding us into the summer months in a good way!

***Pre-registration required.***

Linda Collins: [neconnector@miskanawah.ca](mailto:neconnector@miskanawah.ca) or 403-700-8440

Lynette Persaud: [nwconnector@miskanawah.ca](mailto:nwconnector@miskanawah.ca) or 403-714-4895

