



Nova Scotia/Nunavut Command
The Royal Canadian Legion

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All Branch Mail Out #53

Date: September 22, 2025

To: NS/NU Branches
NS/NU Executive Council
NS/NU Zone Commanders
NS/NU Past Presidents
NS/NU Command Staff

From: Comrade Valerie Mitchell-Veinotte
Chair, Veteran Outreach Committee
NS/NU Command, RCL

Subject: Invitation to Virtual Self Care Workshops

Message:

Comrades:

The Halifax MFRC has issued an invitation to those connected with the CAF/Reserves/VAC and their loved ones to register for 1 or all 3 sessions of a free, "Self-Care" workshop e-series co-facilitated by Mara Toombs and Melissa Clark. The virtual workshops start Monday September 22 and run Monday September 29 and October 06 from 6:30 to 8:30 PM. Those interested do not need to be deployed to attend.

Please consider this valuable and free opportunity for your wellness!

Please reach out to Mara or Melissa, co-facilitators of these workshops on SELF-care for You.

Mara and Melissa welcome inquiries about the series at mara.toombs@hrmfrc.ca and melissa.clark@hrmfrc.ca.

What a fabulous gift to us for our own wellness!

Kindly give this message widest distribution.