



ISLAMIC FOUNDATION OF TORONTO PRESENTS

POTTERY FOR PEACE

A Mental Health Program for Seniors

Combat Mental Health through Pottery Painting,
Meditation, Arts/Crafts and Mindfulness Activities.

HEALTHY BREAKFAST SERVED

Every Wednesday
9:15am - 11:30am

IFT Cafeteria
441 Nugget Avenue

Contact
Sajeda Khan
647-836-6264

Funded By:



New
Horizons
for Seniors
Program

