

MEN'S CONNECTION

More than a conversation. A chance to connect.

Build connections, discuss common challenges, learn new skills,
get creative, share experiences, and have fun!

Free program for men ages 18+ living in Lanark, Leeds & Grenville



Date: Wednesday's, October 7 to December 2, 2026

Time: 5:00PM - 7:00PM

Location: Smiths Falls Site, 2 Gould St, Unit 118

**REGISTER
NOW!**

CALL
613-283-1952



Rideau Community
Health Services