

# Wellbeing Waterloo Region

**We invite you to join our 'Finding Hope' movement.**

Hope is that feeling we experience when we see—in the mind's eye—the possibility of a better future. Hope acknowledges the obstacles and pitfalls in front of us, but is unwavering in its resolve, unbreakable in its foundation, and stronger than we can comprehend. Finding Hope invites you to look around and find your reason to be optimistic. To be hopeful.

Finding hope invites you to look for and acknowledge where you find hope.

Take a picture. Write about it. Film a short video.

Share the hope you found with others.

Visit Wellbeing Waterloo Region's website to find out how to spark the movement.

<https://bit.ly/finding-hopeWWR>

## Information sessions

To find out more how you can get involved, come out to an information session for a brief presentation on the Finding Hope movement and a chance to ask some questions. Below are dates and times of information sessions and the Zoom links to attend.

**Thursday, October 29th • 9:00 am – 10:30 am**

[https://regionofwaterloo.zoom.us/j/99589517467?  
pwd=Q1k2OGtNcjVLMm5oRkdzaDhSeUlvQT09](https://regionofwaterloo.zoom.us/j/99589517467?pwd=Q1k2OGtNcjVLMm5oRkdzaDhSeUlvQT09)

**Tuesday, November 3rd • 1:30 pm – 3:00 pm**

[https://regionofwaterloo.zoom.us/j/91037099635?  
pwd=ck5FcmlzbVRNU0tCVmxpNnY1bmY2UT09](https://regionofwaterloo.zoom.us/j/91037099635?pwd=ck5FcmlzbVRNU0tCVmxpNnY1bmY2UT09)

**Monday, November 9th • 2:30 pm – 4:00 pm**

[https://regionofwaterloo.zoom.us/j/98323353628?  
pwd=eldGemJMVGlvVjZ1VEhLb0FlekVNUT09](https://regionofwaterloo.zoom.us/j/98323353628?pwd=eldGemJMVGlvVjZ1VEhLb0FlekVNUT09)

**Wednesday November 18th • 10:30 am - 12:00pm**

[https://regionofwaterloo.zoom.us/j/92200354333?  
pwd=ek1uSU9ncnlNUzZHeUFabWljclNPdz09](https://regionofwaterloo.zoom.us/j/92200354333?pwd=ek1uSU9ncnlNUzZHeUFabWljclNPdz09)

**Thursday November 26th • 6:30 pm – 8:00 pm**

[https://regionofwaterloo.zoom.us/j/91037099635?  
pwd=ck5FcmlzbVRNU0tCVmxpNnY1bmY2UT09](https://regionofwaterloo.zoom.us/j/91037099635?pwd=ck5FcmlzbVRNU0tCVmxpNnY1bmY2UT09)

