

MENTAL

*Monthly talks about mental health
and wellness with Dr. Monica Vermani
Clinical Psychologist & Author*

HEALTH

Presented By

**CHARLES PUMA
ART GALLERY**

MATTERS

THINK ABOUT IT!

How our negative thoughts and self-limiting beliefs hold us back from creating the life we want and deserve, and how we can challenge, rewrite, and replace our negative thoughts with more accurate, supportive, and adaptive ones.

Enjoy light refreshments pre-and post-talk!

624 King Street W. #300

Toronto, Ontario

Sept 24 2025

6pm - 9pm, talk begins at 7pm

FIND DR. VERMANI ONLINE



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Dr. Monica Vermani



Dr. Monica Vermani



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