

THE BRIDGE

A Community Wellness Gathering

Spirit-Led. Science-Informed. Community-Centered.

Event Overview

The Bridge is a four-hour community gathering focused on exploring the intersection of soul, science, and collective care. This event brings together wellness practitioners, researchers, creatives, and community members to share insights and practices that reflect what it means to build integrated, ethical, and inclusive approaches to wellness — both personal and collective.

What to Expect

- Inspiring talks from local and national leaders in wellness and mental health
- Practical tools for resilience, regulation, and collective healing
- Honest conversations about identity, belonging, and trauma-aware care
- Opportunities to connect, reflect, and help shape healthier communities

Event Details

Date: September 27, 2025

Location: The Lantern, St. John's, NL

Duration: 4 hours - 9am to 1pm

Hosted by: Jessica Earle & Jody Williams

Who Should Attend

This gathering is for anyone interested in creating healthier futures: community members, service providers, educators, healthcare professionals, advocates, and those with lived experience who want to be part of the conversation.

Featured Speakers

- **Jody Williams** – Ocean Yoga & Mindfulness
- **Jessica Earle** – Raising Sage Spiritual
- **Dr. AnnMarie Churchill** – President & Lead Executive Officer, Stepped Care Solutions
- **Denise Tapper Blake** – Founder, Aware NL

Registration

Reserve your spot today:

<https://www.eventbrite.ca/e/the-bridge-a-community-wellness-gathering-tickets-1458496194379>