

Aug 4, 2026



Bridging Generations



Week 6 Recap

Theme: Courage and Growth



In Week 6 of Bridging Generations, we explored the theme of courage and how it helps us grow, move forward and embrace new possibilities.

We were delighted to welcome two guest speakers from the Low Entropy Foundation, Luis and Roya, along with our special guests, Ness and Renae. Luis began the session by reminding us that we cannot allow fear to stand in the way of taking action and moving forward in life. He also reminded us that we are all superheroes in our own way, each carrying unique strengths and forms of courage.

Roya shared her experience of arriving in Canada as a new immigrant and finding the courage to begin again. She spoke about the importance of having encouraging and inspiring people beside us during times of change, including her colleague and dear friend, Renae.

After sharing stories from our own experiences with courage, participants created personalized keychains for their partners, inspired by the courage and strength they recognized in one another. It was a beautiful session filled with heartfelt conversation, creativity, connection and a bountiful lunch shared together.

Coming Up for Week 7

Tues. Aug 11 (11:30 am – 1:30 pm)

In Week 7 of Bridging Generations, we will explore the theme of health and wellness.

Together, we will discuss what it means to care for our physical, mental and emotional well-being, and how our understanding of wellness can change throughout the different stages of life.

Participants will be invited to share the habits, relationships and everyday practices that help them feel healthy, balanced and supported.

Through intergenerational conversation, we hope to learn from one another and discover that wellness is not about perfection—it is about finding meaningful ways to care for ourselves and each other.



CONNECT



The little wagon that could. Loaded to the brim each week, and carrying all of the food and supplies in Melissa's little car.

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Bridging Generations

Theme 6 - Courage and Growth

CAPTURING SESSION SIX

Photos by the talented Pak & Mabel



Creating our keychains



Roshni & Poppy



Table discussion



Fresh from
Farkhondeh's garden



Bob & Maya



Low Entropy Foundation Staff



Luis

Roya

Guest speakers Luis & Roya



Rena



Rosita & Pushpa



Hyne & Avril



Farkhondeh



Ness



Vincy



Puja & Vincy



Wendy



Puja

Pushpa

www.lowentropy.org E:melissa@lowentropy.org

Program Coordinator : Melissa Faraguna