

# CMHA PRESENTS 5 Point Acupuncture

STARTING OCTOBER 2017  
Sign up required, see contact  
information below.



This group is designed specifically for individuals, family members and loved ones of clients involved with CMHA. 5 Point Acupuncture is a treatment used to reduced cravings, increase feelings of calmness, help sleep, reduce agitation, provide relief from emotional trauma, promote emotional balance, and/or discover inner quiet and strength. 5 Point Acupuncture consists of receiving 5 acupuncture needles in each ear.

**Aurora: Every Wednesday 12pm-1pm**  
**15150 Yonge Street in Community Connections Boardroom**

**Alliston: Every Monday 10:30am-11:30am**  
**35 Victoria Street East, Unit 1**

**Bradford: Starting Oct 17, every Tuesday 10:30-11:30am**  
**118 Barrie Street**

Contact to sign up:

Elissa Mackonka, Flexible Supports (1-866-345-0183 ex. 4275,  
[emackonka@cmha-yr.on.ca](mailto:emackonka@cmha-yr.on.ca))

Marilie Croteau, Seniors Case Manager (1-866-345-0183 ex.3324,  
[mcroteau@cmha-yr.on.ca](mailto:mcroteau@cmha-yr.on.ca))