

Newcomers' Health and Well-Being

# UPCOMING

**EVENTS**

**February 2022**

**Feb**

**9**

Virtual Drop in Clinic

10am - 11am

AND

3:30pm-4:30pm

**Feb**

**21**

Talking to Family about  
Mental Health

6pm-7pm

**Feb**

**28**

Supporting Loved  
Ones with Mental  
Health

6pm-7pm

*For more information contact:*

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**Interpretation Will Be Available**

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**Canadian Mental  
Health Association**  
York and South Simcoe  
*Mental health for all*