

January

2022

NHWB – Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9	10 Introduction to Mental Health 6-7pm Click Here	11	12 Virtual Drop in Clinic 1-3pm Click Here	13	14	15
16	17 Supporting Loved ones with Mental Health 6-7pm Click Here	18	19	20 Stress Management Workshop 10-11am nhwbferral@cmha-yr.on.ca for registration	21	22
23	24 Self-Care for Care Givers 6-7pm Click Here	25	26	27	28	29
30	31					