



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

FREE FLEXIBLE SUPPORTS DROP-IN MENTAL HEALTH CLINIC

ARE YOU LOOKING FOR SUPPORT WITH...

- Setting goals
- Checking vital signs & receiving health education
- Coordinating self-care
- Building a budget
- Understanding triggers
- Learning recovery & coping strategies
- Managing change and transition
- Creating a wellness plan
- Building hope for your future
- Referrals to community resources & programs
- Participating in recreational activities



Fridays @ 1:30 - 4pm

1st and 3rd Friday of the month: CMHA Aurora (lower)
15150 Yonge St.



2nd and 4th Friday of the month: Blue Door
18838 Highway 11
East Gwillimbury



This clinic is for community members who are experiencing homelessness or residing in shelters/transitional sites

Come visit our team, which includes Nurses, Social Workers, Occupational Therapists, Recreation Specialists, and Peer Support Specialists to receive mental health support.