

Mental Health Week 2023

CMHA

**-Cultivating Wellness for Our Future-
May 1st – 6th, 2023**

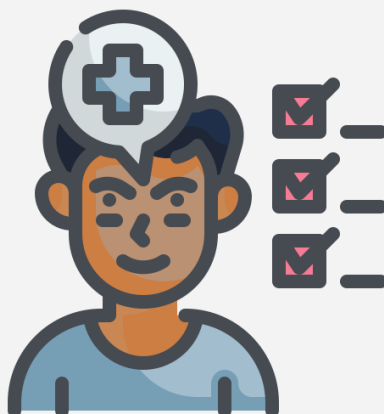
UNLEARNING LEARNED BEHAVIOURS WITH JEANNE HEBERT

Thursday, May 4th

10:00 AM—2:00 PM

(Light Lunch Served at 12:00 Noon)

SASWIN



Space is limited. Please RSVP: 705-865-2171



#MentalHealthWeek

#MyStory