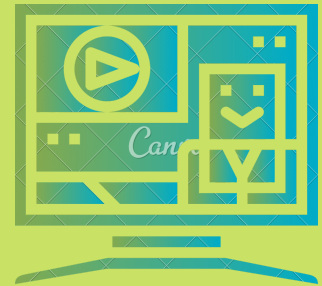


NEW

WEEKDAY WELLNESS

*****Starts Monday, May 11th- Friday, June 5th*****

Daily Livestream Presentations:



- **MONDAYS: *MINDFULNESS & GROUNDING***
- **TUESDAYS: *DEALING WITH WORRY AND STRESS***
- **WEDNESDAYS: *MENTAL AND PHYSICAL HEALTH***
- **THURSDAYS: *MENTAL HEALTH AND MOOD***
- **FRIDAYS: *MENTAL HEALTH 101: ANSWERING COMMON MENTAL HEALTH QUESTIONS***

**JOIN US WEEKDAYS AT 10:00 AM USING THIS LINK:
[HTTPS://REBRAND.LY/CMHAWEEKDAYWELLNESS](https://rebrand.ly/cmhaweeekdaywellness)**



**Canadian Mental
Health Association**
Peel Dufferin
Mental health for all

**Association canadienne
pour la santé mentale**
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La santé mentale pour tous

