



We Help.

**SUPPORTING  
YOU AND  
YOUR CHILD'S  
MENTAL  
HEALTH**

PLEASE JOIN JILL DENNISON  
FROM THE CANADIAN  
MENTAL HEALTH  
ASSOCIATION TO LEARN  
MORE ABOUT WAYS TO  
ADAPT AND BUILD  
RESILIENCE

**NOVEMBER 3  
AT 6 PM**

Please join us at [bit.ly/2Z5bdbn](https://bit.ly/2Z5bdbn)



Canadian Mental  
Health Association  
Hamilton  
*Mental health for all*

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