



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



Canadian Mental
Health Association
Hamilton
Mental health for all

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