

**DURHAM MENTAL  
HEALTH SERVICES**



# Are You Sad, Tired, Stressed or Frustrated?

## Join our Wellness Group!

- ◆ Talk about mental health and wellness.
- ◆ Learn about how to deal with stress and feel better.
- ◆ Participate in short wellness activities.
- ◆ Spend some time practicing your English-Speaking skills!

The services offered at the Welcome Centre are free and confidential



**Welcome Centre - Ajax**  
458 Fairall Street, Unit 5  
Ajax, ON L1S 1R6

**Toll-free: 1-877-761-1155**  
[www.welcomecentre.ca](http://www.welcomecentre.ca)

**November 21st at 2:45pm - 3:15pm**