

CMHA York Region & South Simcoe presents

Workshops for Newcomer Families

Time: 5 P.M. - 6 P.M.

Where: Online Meeting (Zoom)

March 17 : Healthy Communication for Caregivers

March 24 : Healthy Boundaries for Caregivers

March 30 : Self Care for Caregivers

To register, **copy this link into your browser:**

<https://www.cognitoforms.com/CanadianMentalHealthAssociationYorkRegion/NewcomersHealthWellbeingFamilyWorkshops>



**Canadian Mental
Health Association**
York and South Simcoe
Mental health for all

**If you have any questions, contact:
achohan@cmha-yr.on.ca**

The 5 Welcome Centres in York Region are open to virtually serve you. Find out more:

1-877-761-1155 | www.welcomecentre.ca | info@welcomecentre.ca

