



Newcomers' Health and Well-Being

We offer individual sessions and group learning around:

- managing stress, worry, and feelings of sadness
- helping with trauma from things that happened in the past
- health care from a nurse practitioner
- dealing with grief and loss
- resolving conflict
- family and caregiver concerns

To get help or to learn more contact:

The Welcome Centres 1-877-761-1155 | CMHA -1-866-345-0183 or 905-841-3977



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

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

