

# MAY IS MENTAL HEALTH MONTH

## JOIN US!

### GROUP DISCUSSIONS EVERY MONDAY:

Join our Mindfulness Mondays where you can participate in our conversations or just sit back and listen to common concerns or issues that affect our everyday lives and how we can better cope with them.

### ONE-ON-ONE DISCUSSIONS:

Talk to Kimberly one-on-one about any concerns that you feel are affecting your mental wellbeing. She is here to listen, support and suggest options that can assist you.

### WELLNESS SESSIONS MAY 6 & MAY 18:

Offered monthly with a different topic each month! This month, Learn how to cope with the impact of global events such as the pandemic and the war in Ukraine, and how to manage stress and anxiety in everyday life.

**To Register Call Kimberly at 519-944-4900 ext 123**

We also offer Settlement Services, English Classes, Food Bank, Energy Assistance, Community Garden, Youth Summer Day Camp and more

**Ottawa 4 to the Front Door – Fully Wheelchair Accessible – Onsite Care for Newcomer Children**

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