



CMHA Hamilton Presents...

THE HOLIDAYS YOUR MENTAL HEALTH & COVID 19

Different doesn't mean cancelled!

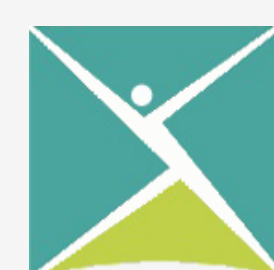
A FREE virtual webinar !
For more information, contact:
amyers@cmhahamilton.ca

WEDNESDAY, DECEMBER 1ST 2020 (7:00 - 8:00 PM)

TUESDAY DECEMBER 8TH 2020 (12:00-1:00 PM)

TUESDAY DECEMBER 8TH 2020 (12:00-1:00 PM)

To register, visit:
www.cmhahamilton.ca



Canadian Mental
Health Association
Hamilton
Mental health for all