

“Can We Talk?”

Virtual workshop

Newcomers from upper York Region and Simcoe County are welcome to join us for a workshop on mental health.

January 21, 2021
6:45pm-7:30 p.m.

Guest Speaker from Canadian Mental Health Association

We will discuss mental health challenges and positive strategies for those new to Canada and feeling overwhelmed or alone.

- What is mental health?
- What is mental illness?
- How does mental health affect you and your family?
- Culture shock and isolation (Covid-19).
- General coping strategies.

Hosted by the Welcome Centre Mobile Unit
with guest speaker from CMHA

Registration Required
Phone: 289 338-5140
Email: mobileunit@welcomecentre.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