



COPING CONVERSATIONS FOR MENTAL HEALTH WELLNESS

Join us on Zoom on Wednesday's at 1:00pm to discuss coping during this pandemic!

The Central Brampton Family Health Team invites you to join our Social Workers Jessica and Andrea, and Psychologist Dr. Sharleen McDowall, to discuss coping during the COVID-19 pandemic. We will be hosting a weekly webinar on different topics related to coping and mental health wellness. You can choose to attend one, some or all of the webinars. You will have the opportunity to join the conversation or just listen, whichever you are most comfortable with. You can join on your computer, on your cell phone or tablet, or by phone!

No registration required! Just join at the scheduled date & time!

How to join:

<https://us02web.zoom.us/j/81859849008?pwd=cTM5c0pDUkITSTVtMWZmYyMFRvdz09> & enter password

or

call (647) 374-4685 & enter meeting ID & password

or

by downloading the Zoom app, tap "join", enter meeting ID & password



Central Brampton
Family Health Team

**Wednesday May 6:
What are we
struggling with?**

**Wednesday May 13:
Self-Care**

**Wednesday May 20:
Mind Shift Skills**

**Wednesday May 27:
Reflections &
Takeaways**

**Zoom Meeting ID:
818 5984 9008
Password:
490342**

**CENTRAL BRAMPTON
FAMILY HEALTH TEAM**

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If you have any questions,
please email Jessica at
jfawcett@cbfht.ca

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1:00pm on Zoom!