



# 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.

Please call the office to receive the required password and join at the scheduled date & time with one of the following methods:

<https://us02web.zoom.us/j/81859849008?pwd=cTM5c0pDUkiTSTVtMWZmVjYyMFRvdz09> & enter password

or

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

or

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

**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:**

Please call (905) 456-7111  
Ext. 2 to receive the  
required information to join

## **CENTRAL BRAMPTON FAMILY HEALTH TEAM**

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### **\*\*\*Disclaimer\*\*\***

These webinars are meant for informational purposes only and do not replace individual or group counselling sessions. They will be available to the general public and we advise against sharing any personal and private information.



**Central Brampton**  
Family Health Team