



Central Brampton

Family Health Team

# JOIN US FOR OUR Mental Health Webinar Series ON WEDNESDAY'S AT 1PM ON ZOOM

The Central Brampton Family Health Team invites you to join our Social Workers Jessica and Andrea, and Psychologist Dr. Sharleen McDowall as we discuss different topics related to 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're most comfortable with. You can join on your computer, on your cell phone or tablet, or by phone.

## **Wednesday June 3:**

Cultivating Fulfilling Relationships

## **Wednesday June 10:**

Crucial Components:  
Communication & Boundaries

## **Wednesday June 17:**

Self-Awareness (Part 1)

## **Wednesday June 24:**

Self-Awareness (Part 2)

## **Wednesday July 1:**

HOLIDAY (No Webinar)

## **Central Brampton Family Health Team**

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**Website:** [www.cbfht.ca](http://www.cbfht.ca)

**Instagram:** @centralbramptonfht

### **\*\*\*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.

## **Wednesday July 8:**

Family Dynamics (Part 1)

## **Wednesday July 15:**

Family Dynamics (Part 2)

## **Wednesday July 22:**

Improve Communication,  
Reduce Conflict

## **Wednesday July 29:**

Building Better Boundaries

## **Wednesday August 5:**

Forgive & Let Be

## **HOW TO JOIN:**

Click or copy and paste link:

<https://us02web.zoom.us/j/81859849008?pwd=cTM5c0pDUklTSTVtZWZmYyMFRvdz09>  
& enter password

or

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

or

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

## **Zoom ID:**

818 5984 9008

## **Password:**

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

