

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 September 30:

Intro to Self

Wednesday October 7:

Self-Awareness

Wednesday October 14:

Self-Identity

Wednesday October 21:

Self-Esteem

Wednesday November 4:

Self-Care & Compassion

Wednesday November 11:

Self-Actualization

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Instagram: @cbfhtmentalhealth

*****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.

HOW TO JOIN:

Click or copy and paste link:

<https://us02web.zoom.us/j/81859849008?pwd=cTM5c0pDUklTSTVTMWZMVmYyMFRvdz09>

& 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, or visit & direct message us on Instagram, to receive the required information to join