



CBFHT MENTAL HEALTH PROGRAM  
PRESENTS:

# MENTAL HEALTH WEEKLY WEBINARS

**FREE TO THE PUBLIC**

DO YOU HAVE QUESTIONS ABOUT  
YOUR MENTAL HEALTH?  
JOIN OUR REGISTERED SOCIAL  
WORKERS EACH WEEK AS WE  
DISCUSS A NEW TOPIC RELATED TO  
MENTAL HEALTH AND WELLBEING.

**Register:**



**(905) 456-7111**



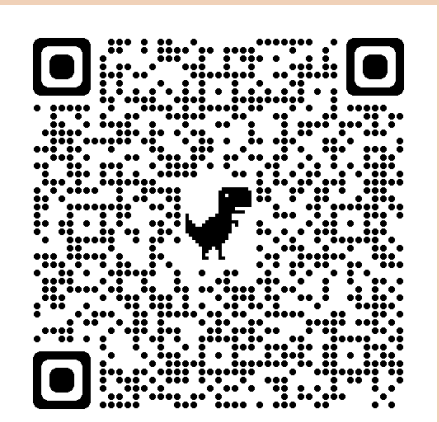
**www.cbfht.ca**



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**600 Gillingham Drive, Suite 200  
Brampton, ON**



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**Every Wednesday at 1:00PM, starting October 4th, 2023.**