

IN-PERSON GUEST SPEAKER:
Facilitator from Canadian Mental Health Association



Coping with Anxiety and Depression

November 16th, 2022
1:00 pm - 2:00 pm

8199 Yonge Street, Suite 101B, Thornhill, Ontario

Dealing with anxiety and depression can feel overwhelming, but there are strategies that can help you. This in-person information session will cover: symptoms of anxiety and depression, healthy vs. unhealthy coping strategies, and overcoming stigma.

REGISTER AT

<https://coping-with-anxiety-and-depression.eventbrite.ca>

QUESTIONS, CONTACT US TODAY
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