

Journeying Together

Support and education for people caring for individuals experiencing mental health concerns

Your loved one does not need to be diagnosed or receiving mental health support for you to seek service. No referral is necessary.

Upcoming dates:
March 1, April 12, May 3, June 7
5:30 p.m. to 7:30 p.m.

Contact for registration:
Vanessa Hoag
Family Education & Support Worker
vhoag@cmhahkpr.ca
705-328-2704 extension 4027



Canadian Mental
Health Association
Haliburton, Kawartha, Pine Ridge
Mental health for all



This program was made possible
in part through the support of:



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