



**H.O.P.E. Helping Ourselves through
Peer Support and Employment**

Presents

AFTER HOURS

Drop-in peer support and social/recreation activities for persons
with lived experience of mental illnesses

When: Every Saturday

Time: 12:00 p.m. to 2:30 p.m.

Where: Phoenix Place Lounge,
175 Dalhousie Street, Brantford

Why: To increase social and emotional support and
Know you are not **alone!**

For more information contact:

Joanne Cleland, Program Manager

519- 751-1694 Or email joanne@hopebrant.ca

HOPE to see you there!

