



**Canadian Mental  
Health Association**  
Brant-Haldimand-Norfolk  
*Mental health for all*

# HEALTH AND WELLNESS GROUP



The Health and Wellness Group is an open, ongoing psychoeducational group for individuals who want to learn new coping skills to improve their well-being.

- ✔ Develop a positive and empowering relationship with yourself
- ✔ Discover the power of self-care and self-acceptance
- ✔ Find new ways to prioritize your mental health and well-being

**When:** Every Monday (commencing March 4, 2024) from 1:30 p.m. - 3:00 p.m.

**Where:** Chelsea Place Building, 44 King Street, Suite 205, Brantford

**Contact:** Melissa Fudali, 519-752-2998, ext. 112, email: [melissa@cmhabhn.ca](mailto:melissa@cmhabhn.ca)

*No referral required. Open to the community.*