

Self Help & Peer Support Presents

Anxiety, Depression & Hope Virtual Peer Support



TUESDAYS 1:30-2:30 OR 2:30-3:30 PM

WEDNESDAYS 1:30-2:30 PM

THURSDAYS 1:30-2:30 PM

Connect with fellow travellers. Give and gain support. Share strategies for coping and building hope.

No fee. Join by video or telephone

Questions or to register: Call 519-763-4014 Ext 2350
or email selfhelpgroup@cmhaww.ca



Canadian Mental
Health Association
Waterloo Wellington



SELF HELP &
PEER SUPPORT