



# FAMILY MENTAL HEALTH SERIES

Renew your hope in a nurturing environment. Discover more about the journey of mental health recovery and how you can support your loved one, while learning to take care of yourself.

Registration Required. For more information, contact:  
Joanne Otte - (807) 683-4952

[THUNDERBAY.CMHA.CA/EVENTS](http://THUNDERBAY.CMHA.CA/EVENTS)

**Sessions start April 18, 2018**



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