



# Renew Your Hope in a Nurturing Environment

## FAMILY MENTAL HEALTH RECOVERY SERIES

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

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Registration Required. For more information, contact: Joanne Books - (807) 683-4952  
[THUNDERBAY.CMHA.CA/EVENTS](http://THUNDERBAY.CMHA.CA/EVENTS)

Session Starts: September 12, 2018  
(runs for 10 weeks)



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