



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.

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

10-week Session starts April 17, 2019



Canadian Mental
Health Association
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