

TUESDAY OCTOBER 6TH  
2:30PM - 3:30PM

# COVID-19 & ANXIETY

AROUND

## UPCOMING HOLIDAYS

THANKSGIVING, HALLOWEEN, HANUKKAH, SOLSTICE,  
CHRISTMAS, NEW YEARS AND MORE

LET'S TALK AND SUPPORT EACH OTHER  
MANAGING THESE UNUSUAL TIMES

HOSTED BY: ANDREA MHSP STAFF

COST: FREE

ALL YOU NEED IS A PHONE

OFFERED THROUGH MERCURI GROUP

TELEPHONE SERVICE

CALL US 613-284-4608  
TO REGISTER & FOR MORE  
INFORMATION

MENTAL HEALTH SUPPORT  
88 CORNELIA AVE W A4  
SMITHS FALLS ON  
[WWW.MHSP-LINKS.CA](http://WWW.MHSP-LINKS.CA)

