

Community Mental Health Services – Available Now

Please join us for a **Blue Bounce Back Monday** Open House

When: January 21st from 2pm-6pm



Where: CMHAWECB 1400 Windsor Ave. Windsor ON

Why: Come and speak to community mental health service providers about supports and services available with little to no wait time. Learn about the FREE **BounceBack** program & ways to achieve and maintain good mental health.

Drop in for information or come for targeted presentations 4:15 – 5:45

Family Services Wellness Program: 4:15pm

BounceBack CBT Skill Building Program: 4:45pm

Financial Fitness: 5:15pm



Mental Health Foundation	Evidence
#BlueMonday	X
Seasonal variations in mental health and wellbeing	?
People experiencing mental health problems all year round	✓

The third Monday in January AKA 'Blue Monday' is said to be the most depressing day of the year.

EXCEPT THAT IT ISN'T



Join us on Monday, Jan. 21st 2 – 6 pm @ 1400 Windsor Ave.

www.WindsorEssex.cmha.ca 519-255-9940 ext. 234