



WOMEN'S CONNECTIONS
& EMPOWERMENT

MENTAL HEALTH RESOURCES & SUPPORT IN HALTON: ONLINE SESSION



In Collaboration with
CMHA



Canadian Mental
Health Association
Halton
Mental health for all

Tuesday, January 27, 2026 | 11 a.m. - 12 p.m.

Are you looking for support or services for mental health?

Join us for an informative session about resources and programs offered by the Canadian Mental Health Association (CMHA) Halton.

What to Expect:

- Learn about available mental health services in Halton
- Explore community resources and supports
- Connect with experts and ask questions

Register by phone or email:

(289) 544-8579

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[Register Online](#)

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