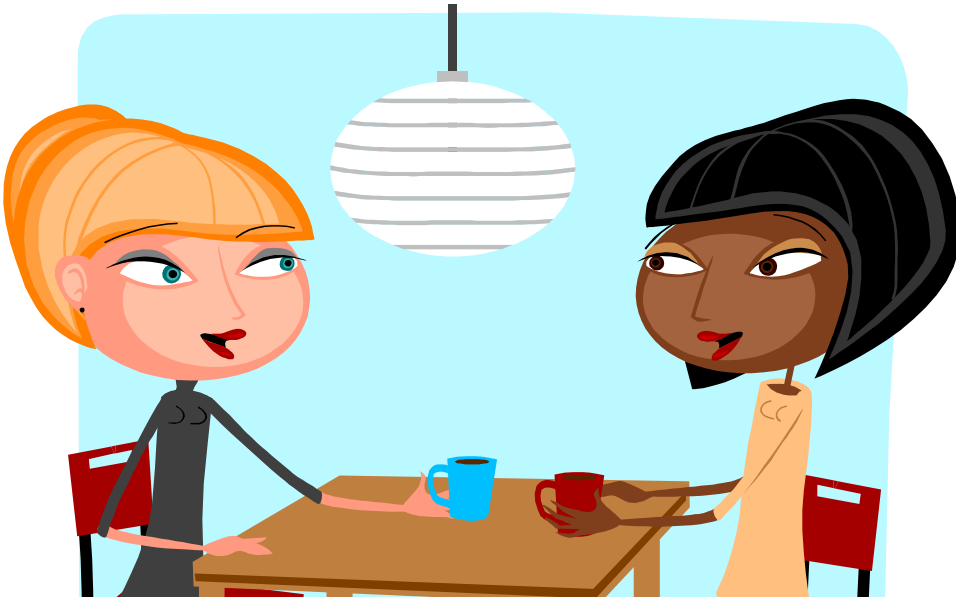




MENTAL HEALTH ASSOCIATION
FIND WELLNESS.



COFFEE CLUB THIRD THURSDAYS

Alternating two locations @ Tim Horton's

Family Support cares about all areas of family!

What's on your mind? Relationship issues? Job, financial matters?
Or just need to vent? (It doesn't always have to be about the kids.)

Come join MHA's Family Support Coffee Club!

SO LETS TALK!

**Every Third Thursday
12 noon to 1:30 pm**

**ODD MONTHS @
Tim Horton's
1250 University Ave.**

**EVEN MONTHS @
Tim Horton's
1580 Jefferson Rd.**

**Have your first cup
on us!**

**Come to one or come
to all!**

**SPONSORED BY:
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320 N Goodman St
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Contact: Wendy Irvine

585-325-3145 X 157
(For information & sign up)