



Stitch and Unwind

beginning

October 11

Oct 11-Nov 8
10:00 am-12:00pm

A social support activity-based group with a focus on reducing isolation, fostering exploration/creativity, and developing self-esteem.

Call to register:
DAFHT Mental Health Office
519-938-8802, ext. 314 or 519-925-0017, ext. 236

women only



DUFFERIN AREA FAMILY HEALTH TEAM

