

Mental Health Awareness

Join us in creating
awareness through:

- Self-care Activities
- Guided Meditation
- Learning about resources

Wednesday January 30th, 2019

10:00 a.m. - 3:00 pm

150 Central Park Drive, Suite # 107, Brampton, ON

Phone: 905-790-8482

Email: services@bmccentre.org



Brampton Multicultural Community Centre

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