

MENTAL HEALTH SUPPORT FOR BUSINESS OWNERS



ADDRESS DIFFICULTIES
SUCH AS STRESS, ANXIETY,
FAMILY LIFE, SELF-CARE,
DEPRESSION AND
WORK/LIFE BALANCE

www.nottawasaga.com
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705-435-1540
for more information

A PROGRAM TO HELP
DURING CHALLENGING
TIMES
ACCESS UP TO FIVE
SESSIONS FREE OF CHARGE
WITH PEACE OF MIND
THERAPY SERVICES

This program is open to all
businesses registered in
Adjala-Tosorontio, Bradford
West Gwillimbury, Essa, Innisfil
and New Tecumseth

