



## Southwest Ontario Aboriginal Health Access Centre

### **Mental Health Services**

will now be provided at Mino Bimaadsawin Health  
Center

When: Starting Thursday November 12<sup>th</sup>

Time: 1 -4 pm

*(following every Thursday, same time.)*

### **Mental Health Services can provide supports in these areas:**

Grief & Loss, Trauma, PTSD, Anxiety,  
Depression, Family Stressors, Relationship  
and others.

Please book your appointment with receptionist at 519-  
797-3336.

Appointments are scheduled one -hour intervals.

***All visits are Confidential***

