

MENTAL HEALTH SPEAKER SERIES

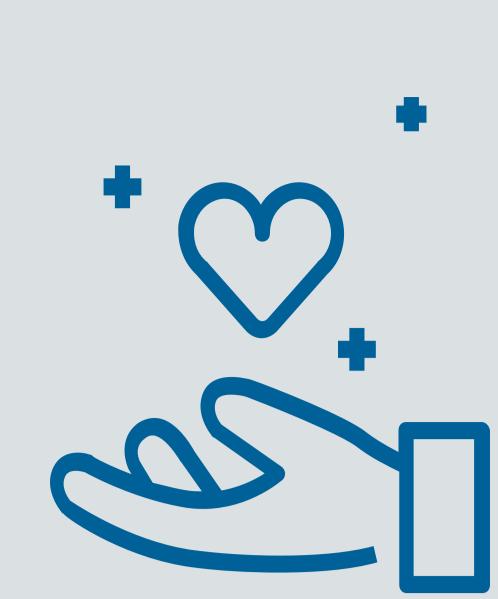
Join our 'Mental Health Speaker Series' to enhance your understanding of common mental health conditions, coping mechanisms, and strategies for addressing mental health in the workplace. Sessions will be held on WebEx, will run from November to December, from 12:00 p.m. to 12:45 p.m. RSVP at tdcevents@cadillacfairview.com for the topics below:

Coping with the Return to "Normal"- November 17. Join us as we explore how to navigate the anxiety of returning to work and rejoining society.

Self Care: Building Resilience - November 25. Explore how to support mental health through simple practices that will bring joy to each day.

Coping with Anxiety & Depression - December 1. Tune in to learn the symptoms and effective coping strategies of two common mental health issues.

Strengthen Mental Health with Art Therapy - December 7. Learn how to use art to support mental resilience, regardless of your artistic ability.



THE ANNUAL FLU CLINIC RETURNS

Appointments, hosted at Shoppers Drug Mart, will be available for pre-booking in the coming weeks. Appointments for high-risk individuals will be available from October 25 - 29, followed by general public from November 1 - 19. The first 100 appointments will receive a FREE Flu Kit, compliments of TD Centre. Stay tuned for further details!

