

What is a crisis and How do I cope?



Crisis Survival Skills

SIX WEEK GROUP

SIMCOE: Tuesday April 30-June 4 (3-5pm or 6-8 pm)

-OR-

TOWNSEND: Thursday May 2-June 6 (10am-12pm)

TRANSPORTATION AVAILABLE IN HALDIMAND AND

NORFOLK

**MORE
INFO**

**or to register CALL
519-587-4658 ext 2150
Monday through Friday**

