

Friends in Faith Connection Café



Join us for an evening of practical tips, spiritual support and fellowship.
Refreshments will be served.

Mental Health — Depression and Anxiety *
CMHA Speaker Sheryl Giesbrecht



April 15, 2024
7:00 p.m.— 9:00 p.m.
MMOC Hall

Register online @MMOC.ca

A goodwill offering is appreciated.

*Mental Health Overview—CWL Spring Luncheon April 21

Mental Health & Addiction Support—Connection Café May 13

