

urbanicity

presents

JAN 23RD / 6-8PM
FREE ADMISSION

MENTAL HEALTH NIGHT

CoMOTION 115 KING STREET EAST,
3RD FLOOR, HAMILTON, ON L8N 1A9

LET'S OPEN THE CONVERSATION,
AND CONTINUE TO BREAK DOWN
THE STIGMA OF MENTAL HEALTH.

JOIN OUR SPEAKERS AS WE DISCUSS
THE TOOLS AVAILABLE TO ASSIST YOU IN
YOUR MENTAL HEALTH JOURNEY!

SPEAKERS:

*YOUTH WELLNESS CENTRE
ST. JOSEPH'S HEALTHCARE HAMILTON*

PATH EMPLOYMENT SERVICES

PSYCHOTHERAPIST, CARLY FLEMING

SLEEP WISE: A HOLISTIC APPROACH TO SLEEP

REIKI AND YOUR WELLNESS

TO ATTEND VISIT:

  [URBANICITYHAMILTON](#)  [URBANICITYHAM](#)

#URBANICITYMENTALHEALTH