

FEELING DOWN, **WORRIED?** STRESSED? **UNABLE TO COPE? READY TO MAKE A POSITIVE CHANGE?**

Talk one-on-one with our friendly, qualified counsellors at our Free Walk-In

We can help you find ways to improve your wellness, cope better, and create positive solutions to life's challenges.

No appointment necessary. First come, first served. Ages 16+.

MILTON

The John Howard Society

191 Main Street East **OAKVILLE**

CMHA Halton Region

Branch 1540 Cornwall Road

Anglican Church

BURLINGTON

St. Christopher's 662 Guelph Line

GEORGETOWN

Hillsview Active Living Centre 318 Guelph Street (back of building)

Hours: 1 pm to 7 pm in all locations

(last appointment begins at 7 pm). and other closures.



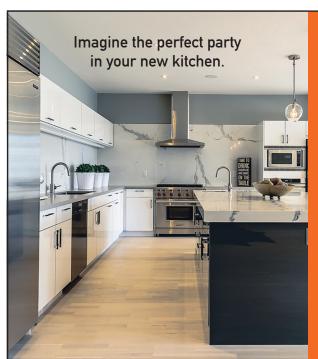
Canadian Mental **Health Association** Mental health for all

Funded in part by





information, call us at 1-877-693-4270. www.halton.cmha.ca





10 Mountainview Rd S, Unit 10, Georgetown, ON email: info@silverwoodkitchens.ca

Upper Credit Humane Society Thrift Shop

Stop by often to see what treasures we have in the store.

Donations of household items in good condition are appreciated. Drop them off any time the shop is open.

Funds raised at the Thrift Shop help the animals at the shelter.

Open Tuesday through Saturday from 10 a.m. - 5 p.m.





Thrift Shop | 68 Main St. N., Georgetown (Moore Park Plaza) thriftshop@uppercredit.com | 905.702.8661 | uppercredit.com Charitable Registration #893738872RR0001 👩 💟

NEWS

TED ARNOTT ENDORSES CHRISTINE ELLIOT IN PC RACE



Wellington-Halton Hills MPP Ted Arnott is getting behind the Progressive Conservative candidate that he said can move the party forward in the wake of the past month's drama. "I'm publicly endorsing and supporting Christine Elliott," said Arnott. He supported her when she ran for leader in 2009, as well as in 2015.



