



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

We can help.

Talk one-on-one with our friendly, qualified counsellors at our **Free Walk-In Counselling Service.**

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
Mondays
The John Howard Society
191 Main Street East

OAKVILLE
Wednesdays
CMHA Halton Region Branch
1540 Cornwall Road

BURLINGTON
Tuesdays
St. Christopher's Anglican Church
662 Guelph Line

GEORGETOWN
Thursdays
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).
Please check our website for notice of holiday and other closures.



Canadian Mental Health Association
Halton Region Branch
Mental health for all

Funded in part by






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

NEWS

TED ARNOTT ENDORSES CHRISTINE ELLIOT IN PC RACE



Metroland file photo

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.

Imagine the perfect party in your new kitchen.



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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.



TJ - Joseph Men's Hairstyling

Complete Barbering

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(Across from CTK High school)

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- Variety of haircuts including Flat Top

Mon - Thurs 8:30am - 6:30pm | Friday 8:30am - 7:00pm | Saturday 8:30am - 5:00pm