



CHIME ONLINE

*an interactive
webinar series*

MARCH 7, 14, 15 & 28
5:00PM-7:30PM

JOIN VIA ZOOM

REGISTER **HERE** FREE
OR CONTACT HAYLEY

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*These peer led webinars
are suitable for anyone
interested in exploring
Mental Health Recovery*

Over four weekly sessions
we will explore the CHIME
model, lifestyle strategies,
breaking barriers and
will discuss how to
support personal recovery

