



CENTRE DE SANTÉ COMMUNAUTAIRE
BLACK CREEK
COMMUNITY HEALTH CENTRE

POWERFUL TOOLS FOR CAREGIVERS

6 week virtual group|
Jan 22nd - Mar 4th, 2024|
Every Monday|
2-4 pm

Contact Antara:
416-246-2388

Registration Link:
<https://www.bcchc.com/register-group-programs/>



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Self Management Program  Ontario