

Self Help & Peer Support presents...

Afro-Caribbean Black Wellness Group



Join us virtually
every
Wednesday
from
6:00pm-7:30pm

A peer support group for Afro-Caribbean adults in Waterloo Wellington

- A peer support group where participants will explore the challenges and strengths of living Black in a predominately white society – relationships, sense of self, work, parenting, mental health, physical health.
- To further strengthen our Black community with each other.

Led by a Afro-Caribbean Black peer support facilitator. For more information please contact Farah flahens@cmhaww.ca or 519-821-2060 x2304



Canadian Mental
Health Association
Waterloo Wellington

Association canadienne
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