



**CAMH'S FAMILY RESOURCE CENTRE
& FAMILY ADVISORY COMMITTEE
PRESENT**

CAFÉ CONNECTION

The third Tuesday of every month we will discuss a new topic relevant to families and provide related resources.

Please join us for inspiring conversation, light refreshment, and an opportunity to connect with the friends and family community.

NEXT DATE

February 18, 2020
6:00–8:00 p.m.
100 Stokes Street, Rm. 1314

TOPIC

Self-care for caregivers

Drop-ins welcome, RSVP's are appreciated.
Contact **Kate Seifried** at **416 535-8501 ext. 33202**
or email **Family.Engagement@camh.ca**