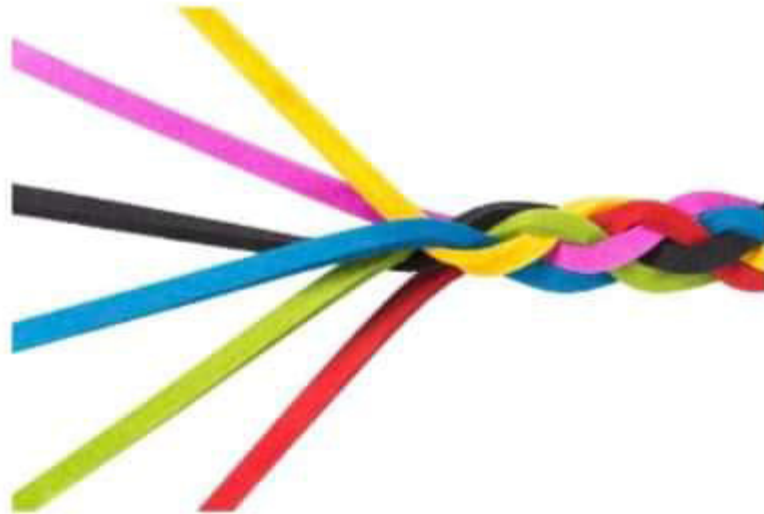


North Middlesex Community Policing Committee Presents:



# RURAL MENTAL HEALTH

with

CMHA Thames Valley Addiction and Mental Health  
Services

Wednesday, November 30<sup>th</sup>, 2022 at 7pm at the Parkhill Library

Tuesday, December 13<sup>th</sup>, 2022 at 12pm during Craig Active  
Group at Ye Olde Towne Hall

**LEARN ABOUT DEPRESSION, ANXIETY, AND  
RURAL RESOURCES FOR MENTAL HEALTH  
SUPPORT.**

**ALL COMMUNITY MEMBERS INVITED!**

Coffee/tea and treats will be provided.