

# Blue Monday

Monday January 18, 2010

THE thing to do on the most depressing day of the year.  
A free event for the community.

3:00-7:00 pm Caboto Club

[www.cmha-wecb.on.ca](http://www.cmha-wecb.on.ca)

Call Canadian Mental Health Association at 519-255-7440 for info

~ Information Booths ~ Expert Speakers ~  
~ Onsite, Confidential Mental Health Check-ups ~

