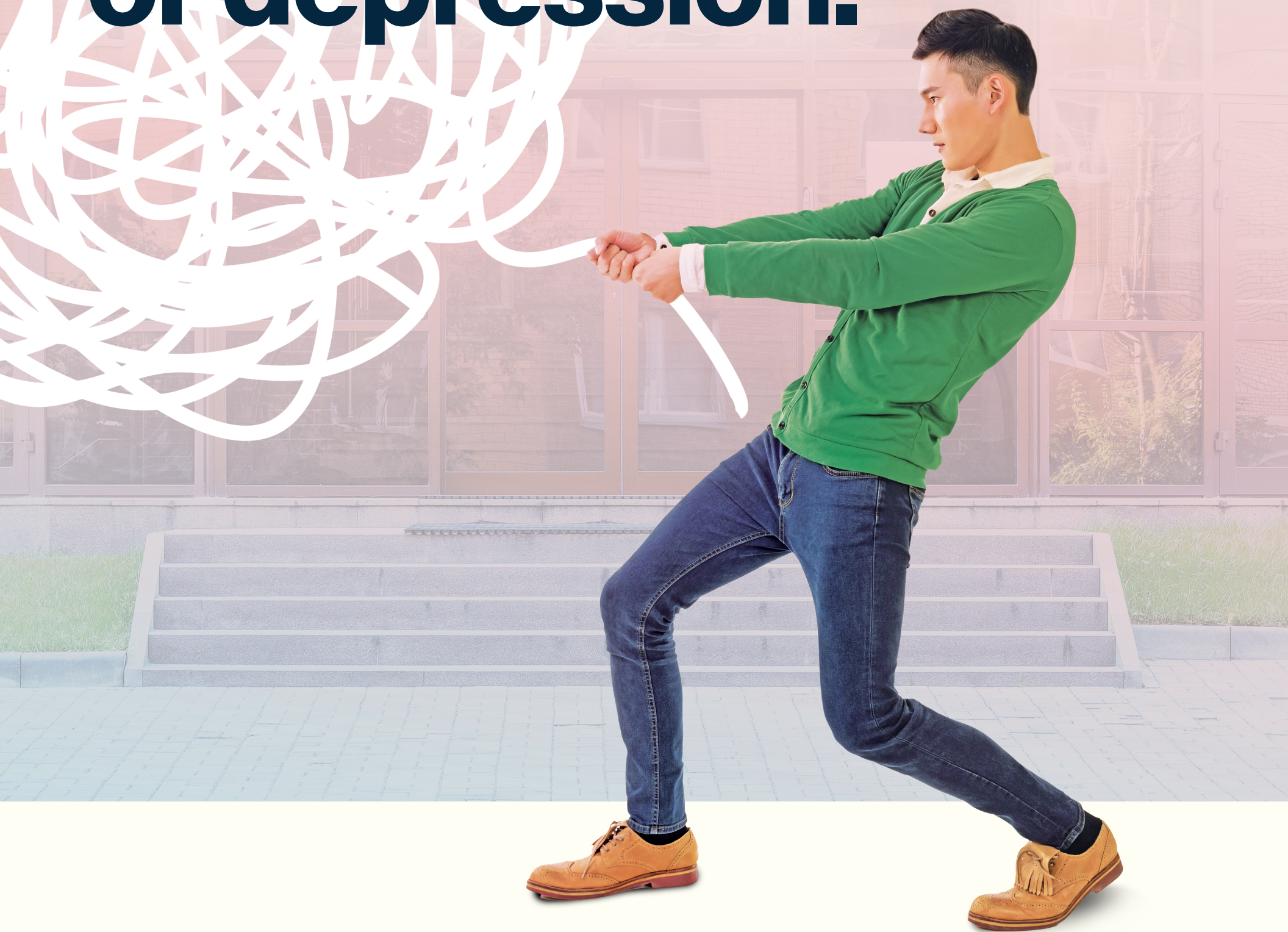


Take control of your anxiety, stress, or depression.



**There's a new service available in
your community that can help!**

If you're aged 18+ you can now self-refer to access
FREE support through the Ontario Structured
Psychotherapy Program.

If you're unsure whether this service is right for you,
speak to your healthcare provider or give us a call.



Free Therapy. Self-Refer. 18+

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