



MENTAL HEALTH



PHYSICAL HEALTH

SERVICING YORK REGION & SOUTH SIMCOE

MOBYSS is now offering free WEBINARS!!

Who: Youth age 12-25
How to Register: Send an email to mobyss@cmha-yr.on.ca with your name/age/location & the webinars you would like to attend

Date	Topic
July 21 st	Sexual Health & Contraception
July 28 th	Importance of self-care
August 4 th	Sleep & Its Impact on Mental Health
August 11 th	Social Media- The Good & Bad
August 18 th	Healthy Habits
August 25 th	Navigating the new normal
September 1 st	Procrastination

*All webinars will run from 3-4 pm



Don't forget about the **MOBYSS VIRTUAL CLINIC**
What: Free, confidential medical and counseling services
When: Every Thursday
Time: 3-5 pm



(289) 879-2376



www.mobyss.ca



@Mobyssbus

THIS IS A SAFE SPACE