

ONLINE or IN-PERSON SESSION

Community Health Services presents:

How to Prepare for Canadian Winter

Need winter clothes for adults and children?

- Jackets and sweaters
- Hats and scarves
- Boots and socks
- And more!

Learn how to dress warmly, recognize and manage signs of hypothermia, seasonal affective disorder, etc.

Free winter clothes



Wednesday, November 19, 10:00 AM - 3:00 PM
Presentations at 10 AM, 11 AM, 1 PM and 2 PM

Register here:



Contact us for more information

- **PHONE:** 647-812-1332 ext. 4400
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