

Community Wellness Conversation and Mobile Health and Wellness Clinic coming to Milford

**Thursday, May 18, 2023
5:30-7:30 p.m.**

Community Wellness Conversation

Join us for a light meal and a talk about community wellness. We want to learn how best to involve people and communities in building the wellness supports and services that are right for them. If you can't join us in person, you can share your thoughts by visiting engage4health.ca to sign-up to receive updates on this initiative.

Mobile Health and Wellness Clinic

There will be variety of clinicians on site providing private one-on-one support:

- Primary care assessment, support and navigation including prescription refills or renewals (except for controlled substances)
- Grief and bereavement services
- Mental health and wellness services including brief intervention and navigation, and connections to ongoing mental health and addictions supports
- Trauma informed support and navigation to resources (intimate partner violence, domestic violence, gender-based violence)

Light meal provided.

If you need transportation, please call Public Health at (902) 893-5820.



**Milford Recreation Centre
2288 Hwy 2, Milford**

For more information, visit novascotia.ca/community-support/