

Northumberland

Family Health Team

Northumberland Mall, Unit 10

1111 Elgin Street West

Cobourg ON K9A 5H7

ANXIETY WORKSHOP



Two day workshop: you will learn about anxiety and skills to cope!

Ongoing Admissions

Date: Contact Office for Dates

Location: NFHT

TO REGISTER

Call 289-252-2139

Email info@nfht.ca