

# FREE FAMILY EDUCATION SERIES

Let's Talk about Mental Health

Thursdays 6:00 -  
8:30pm,  
April 12- May 31

Register NOW for more  
details!

Call Shannel Butt at  
(519) 633 - 1781 x 253  
for registration and  
details

Weekly Topics include:

- What's in a Diagnosis
- Medications/Psychosocial Treatment
- Addictions and mental health
- Grief, Loss & Hope
- Coping as a family
- Legal Essentials
- System Navigation
- Planning for the future



Canadian Mental  
Health Association  
Elgin County  
*Mental health for all*