

Westminster United Church

presents

Mental Health & You

Monday, May 13

6:30pm



The presentation will be about 1 -1.5 hours on understanding the difference between mental health and mental illness, overview of some of the most common mental illnesses, stigma and then ending with some tips for healthy living. Facilitated by Shannon Patton from Canadian Mental Health Association

3025 13th Avenue (Use Cameron Street Door)

Please RSVP if possible (**306-757-6444**) in order for us to facilitate the set up.