

Wednesday



LET'S START THE CONVERSATION

Mental Health Wellness Expo In conjunction with Bell Let's Talk

10:00 am – 4:00 pm

Dunnville Lifespan Centre, 275 Ramsey Drive, Dunnville

Join us

- See what's available in Dunnville to support someone living with mental illness and/or addictions.
- Learn how to get help and navigate the system.
- Experts will be on hand to answer your questions.

WHO SHOULD ATTEND?

- Members of the public
- Individuals living with mental health and/or addictions issues
- Family and friends supporting individuals living with mental illness and/or addictions
- First Responders
- Health Care Providers
- Service Providers

FEATURED SESSIONS:

- Mental Wellness – What Is It?
- Substance Use - Living in Recovery
- Trauma & PTSD
- Managing Grief & Loss
- The Role of Fitness & Nutrition
- Laughter Yoga



Helping Ourselves through
Peer Support & Employment



Haldimand
War Memorial
Hospital



Part of:
Bell
Let's Talk

Bell Let's Talk
is about hope.

~ Terezia Farkas, Canadian Author

