

MENTAL HEALTH BASICS

A SEMINAR WITH CARA TAYLOR

Join us for a 1 hour presentation led by Cara Taylor to explore some basic information about mental health (what it is, how we talk about it, what a compassionate response can be, and what kind of supports are available) followed by a 30 minute Q&A session.

No Cost.

For more information
please contact

306-477-1234 or kari@ebap.ca.

wednesday, may 15th
7:15pm



Cara Taylor

Mental Health Education
www.ctmentalhealth.org

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