

Mental Health Workshop

**For people who have experienced mental health challenges
and do not want to be defined by them**

Living With Stress



Tuesday 1:30 -3:30 pm

Jan. 17th, 2012

312 Parkdale Ave.

Room 6

Covering the following topics:

- *Factors that affect our experience of stress*
- *Concrete strategies for coping with stress*
- *Finding health & happiness in a stressful world*



Participation is **free**

Please register by calling
(613) 725-3601 ext. 0