

Mental Health Workshop

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

Keys to Motivation



Tuesday 1:30 -3:30 pm

Feb. 14th, 2012

312 Parkdale Ave.

Room 6

Covering the following topics:

- *Factors that affect our motivation*
- *Understanding procrastination & avoidance*
- *Concrete strategies for increasing motivation*
- *Finding health & happiness in a stressful world*

Participation is **free**

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