

MENTAL HEALTH EDUCATION DAY

\$40

includes
lunch and
refreshments

Friday, May 14th, 2010

8:45 a.m. to 2:30 p.m.

Registration at 8:15 a.m.

Lunch (provided): 12:30 p.m. to 1:15 p.m.

Stirling Avenue Mennonite Church

57 Stirling Avenue North, Kitchener

N2H 3G4

(free parking available and building is accessible)

Stigma & Resilience: The Lived Experience

Resilience is an ability to positively adapt to difficulties and changes...to cope with adversity, to reach full potential and move forward in our lives. Please join us for this unique opportunity to hear inspiring stories from individuals with lived experience and from individuals who support someone who has a mental health issue. A variety of individuals will join us to discuss their journey and experiences with diagnosis, stigma, personal resilience and recovery.

Presentations:

Taking Culture Seriously in Community Mental Health

Sarah Marsh

Centre Researcher - Centre for Community Based Research

The cultural face of Canadian society has changed. Participants will gain an awareness of our community's efforts to build responsiveness to individuals from any culture in ways that recognize strengths, respect, collaboration and inclusion.

Beautiful Minds

Laura McCormack

Individuals from the community will share their stories of living with a mental health challenge and how resilience and support brought them to a place of ongoing recovery. The effects of stigma on self-disclosure and recovery will be discussed as well as the opportunity to challenge one's own personal perception of mental illness and those who are challenged by it.

Thrills and Spills – The Ups and Downs of Mental Health and Addiction:

A Daughter's Perspective

Abby Gateman

Abby will take listeners along for the ride as she discusses what life has been like on her mother's roller coaster of addiction and mental health issues. Abby will highlight some childhood experiences and how she copes as the now adult-child of someone suffering from border-line personality disorder and alcoholism.

Stand Up for Mental Health

'An amazing group of stand up comics who poke fun at their idiosyncrasies and mental health issues, the doctors who treat them, the mental health system and the medications they take.' (Sponsored by Spark of Brilliance)

Formerly the Mental Health Education Series

Planning Committee: Canadian Mental Health Association/Grand River Branch, YWCA-Mary's Place, Grand River Hospital Mental Health and Addictions Program, House of Friendship, community family member, Waterloo Regional Homes for Mental Health Inc., Family and Children's Services Waterloo Region

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REGISTRATION FORM

NAME(S) – please print _____

Name of Organization _____

Telephone Number _____

AMOUNT ENCLOSED (\$40 for each participant) \$ _____

Please make cheque payable to *Mental Health Education Series* and mail registration and cheque to:

**Renee St. Peter/Erin McHugh
Waterloo Regional Homes for Mental Health Inc.
618 King Street West
Kitchener, ON
N2G 1C8**

*Information Display Tables will be available.
If you have information from your organization or
network, please bring copies to share.*