

Mental Health Workshop

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

Connecting With People



Tuesday 1:30 -3:30 pm

March 13th, 2012

312 Parkdale Ave.

Room 6

Covering the following topics:

- *Keys to creating healthy connections with others*
- *Concrete strategies for improving our connections*
- *Building connection in a stressful world*

FSO | SFO
Family Services Ottawa | Services à la famille Ottawa

Participation is **free**

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