



September 17

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Coping with PTSD

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, September 17, 7pm
Free. All welcome.**

Antoine Quenneville, a therapist in private practice who has worked extensively with survivors of childhood abuse as well as with first responders and military personnel, will describe what causes Post-Traumatic Stress Injury, some of the mechanisms involved, how it is treated, and how best to respond to someone who has this condition.