

Workshop:

have THAT talk: Getting to Know the Activity Guide

Participants will learn how to use the *have THAT talk*, mental health promotion [video series](#) and the accompanying Activity Guide. The topics include:

- How to Talk About Your Mental Health
- Reducing Stigma
- Building Resilience
- Caring for Yourself, the Caregiver
- Building Social Connections

When: Thursday, June 21th

Where: Pinecrest-Queensway Community Health Centre
(1365 Richmond Road)

Time: 9:30 a.m. to 11:30 a.m.

To register: Please send the following information to mentalhealthteam@ottawa.ca by June 15, 2018

- Your name
- Name of the Organization you represent
- Job Title
- E-Mail Address
- Telephone Number

We appreciate you sharing this invitation with your networks, partners and co-workers. If you would like to be added to our distribution list and receive updated information, please let us know via mentalhealthteam@ottawa.ca. For more information, please contact Carole Legault at 613-580-6744, extension 23664.

Veillez noter que cet atelier sera offert en français, mercredi 13 juin.