

A public conversation on

# MENTAL HEALTH in our COMMUNITY

**NOVEMBER 1, 2016**  
**7:00pm - 8:30pm**

**Hintonburg  
Community Centre**

**For more information:**

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Join us to explore how we can build an inclusive community that supports those with mental health challenges.

- Hear insights on mental illness
- Discover resources available in the community
- Learn practical strategies to de-escalate incidents and strategies to promote inclusion

\* *Light refreshments provided*

\* *Childminding will be available*

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