

The Durham Region Unemployed Help Centre is pleased to invite you to the

Wellness workshop

“Mental Health Awareness”

Thursday, March 11th, 2010

10:00 am – 11:00 am

5-1400 Bayly Street, Pickering

To reserve a seat please call Shashi at 905-420-3008

Absolutely free to Immigrants in Canada

1 in 5 people will experience a major mental health problem in their lifetime. The remaining 4 out of 5 will know someone with a major mental health problem – a colleague, a friend, or a family member.

Without mental health, there is no health. This workshop will focus on mental health awareness – how to maintain our mental health, warning signs to be aware of, resources we can turn to, and ways we can help ourselves or another if we have concerns.

About the Speaker: David Clarke, Coordinator of Communications and Training for Durham Mental Health Services

David Clarke has worked in community mental health for 20 years as a case manager, program coordinator, and training facilitator. He has facilitated educational workshops for organizations including the Canadian Mental Health Association – Durham, Distress Centre Durham, Durham Alternative Secondary School, Northern Lights Vocational Services, and Ontario Shores Centre for Mental Health Sciences.

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We are looking forward to welcoming you to this great session!

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