

OUR MENTAL WELLNESS OUR RESPONSIBILITY

FINDING STRENGTH TO OVERCOME STRUGGLES

**AWARD-WINNING PUBLIC SPEAKER,
MENTAL HEALTH & ADDICTIONS COUNSELLOR &
BEST-SELLING AUTHOR**

**BRINGS 2 NEW PRESENTATIONS TO
HIGHSCHOOL STUDENTS & COMMUNITY
THROUGH EDUCATION & AWARENESS
ON GRIEF, LOSS & TRAUMA**

**HIGHSCHOOL
PRESENTATION:
SEPTEMBER 14TH @ 9:00 AM**

**COMMUNITY
PRESENTATION:
SEPTEMBER 14TH @ 6:30 PM**

**LOCATION:
GULL LAKE SCHOOL**

ADMISSION IS FREE!

Award Winning Mental Health Educator

