

Mental Health in the Workplace and How to Get Involved with Bell Let's Talk Day

January 18th, 2018 | ADRIO Office, Toronto



Guest Speaker:
Katie Robinette,
Executive Director of
Health Minds Canada

Let's talk about mental health in the workplace.

As part of this unique collaboration between The ADR Institute of Ontario and Healthy Minds Canada, we invite you to attend this informative seminar and networking social.

Hear from Katie Robinette, Executive Director of Health Minds Canada, on two vital topics in the discourse of mental health and conflict management:

- 1) How to manage difficult conversations and conflicts surrounding mental health in the workplace
- 2) How to get involved on Bell Let's Talk Day, a national campaign to end the stigma surrounding mental health and raise money for the cause

Let's talk about mental health. Let's get involved.

Light refreshments and seminar handouts will be provided.

Where:

ADRIO Office,
405-234 Eglinton Ave. East

When:

Thursday, January 18th, 2018,
5:30 PM – 8:00PM

Price:

\$10 + HST

**#ADRIO #HMC #ADR
#MENTALHEALTH**

Register Now: www.adr-ontario.ca/events