MENTAL HEALTH BREAKFAST EVENTS
FALL 2015

TOPICS

September 11th
Gisele Marion, Geoff Bodnarek, Jennifer Gibson, Maria Watson, Staff CMHA North and West Vancouver
*CMHA Initiatives: Bounce Back, Live Life To The Full, STEPS and Child and Youth Programs*

September 25th
Jane Thornthwaite, MLA North Vancouver - Seymour
*Child and Youth Mental Health in Schools - the FRIENDS Program*

October 9th
Dr. Anthony Ocana MSc, MD, CCFP, ABAM Addiction Medicine Specialist, North Shore ADHD and Addiction Clinic
*ADHD and co-morbid cannabis addiction in adolescents*

October 23rd
Stephen Brown MSW, RSW & Joanne Onerheim MA, RCC, Mental Health Therapists, Community Mental Health Services, The HOpe Centre
*DBT at the HOpe Centre: Discussing the STREAM and MAC groups*

November 6th
Andrew Neufeld MC RCC, Clinical Faculty, Department of Psychiatry, UBC
*Dialectical Behaviour Therapy (DBT) and its applications to particular populations.*

November 20th
Dr. Kasim Al Mashat, Registered Psychologist
*Mindfulness and Mental Health*

December 4th
Colleen McCain, Clinical Planner, Coastal Mental Health & Addictions, Jolene Lansdowne, Policy Consultant with VCH Population Health and the Aboriginal Health Strategic Initiatives team
*Aboriginal Health Supports and Services*

December 18th
Miles Lozinsky MA, Child and Youth Hospital Liaison, Child and Youth Mental Health and Addiction Services
*Distinctives of an Attachment-based Developmental Approach*

When: Friday mornings
Time: 8:00 am to 9:00am
Where: HOpe Cafe at HOpe Centre (Corner of St. Andrews and 13th Avenue)
Everyone is welcome! Complimentary Breakfast served
RSVP to hopementalhealth@cmha.bc.ca 4 days ahead