Thursday
March 24th, 2016
6:30 – 7:30pm
Understanding Stigma Against Mental Health
Dr. Apu Chakraborty
Medical Manager Hope Centre
Debbie Sesula
Peer Support Coordinator
Sina Sahebpour
Founder UBC All Against Alzheimer’s club

Thursday
April 21st, 2016
6:30—7:30pm
Meditation for Health and Wellness
Dr. James Birgari
PhD in Moral development philosophy & comparative religion

Thursday
May 19th, 2016
6:30–7:30pm
Mind Reconnection Therapy
A Transpersonal Approach to Healing and Transformation
Dr. Carlos de Leon
PhDs in Clinical Psychology and Holistic Medicine

Please RSVP at hopementalhealth@cmha.bc.ca

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HOpe for Mental Health

Canadian Mental Health Association
North and West Vancouver
Mental health for all