MENTAL HEALTH BREAKFAST EVENTS
WINTER SERIES - 2016

PRESENTATION TOPICS

**Friday, Jan 8th**
Meditate or Medicate?
Mindfulness in the Work Place
Mindfulness Based Addiction Recovery
Dr. Valerie Mason-John, MA (hon. Dr)

**Friday, Jan 22nd**
Cognitive Remediation Training (CRT) and Metacognitive Training (MCT) for Psychosis
Dr. Todd Woodward, Ph.D and Dr. Mahesh Menon, Ph.D., R Psych

**Friday, Feb 5th**
Tapping into the Gift of the Wounded Healer: Exploring a Counsellor's Personal Journey
Christina Chen

**Friday, Feb 19th**
The Art and Science of Couples Therapy and Major Depression
Dr. Lloyd Purdy

**Friday, March 4th**
Anxiety in Children and Youth & the Role of Preventive Mental Health
Maria Watson, MA – CMHA-NWV

**Friday, March 18th**
Stand Up For Mental Health Comedy Show
David Granirer, Executive Director, SMH Comedy Society

**Friday, April 1st**
Developing Empathy - An important element in the treatment and recovery process
Cheryl Zipper, Vice President and Family Education Coordinator and Nancy Ford, Executive Director - The North Shore Schizophrenia Society

**Friday, April 15th**
Paradigms of Love
Dr. Freedman

**Friday, April 29th**
Contextualizing Depression: Using a Narrative Therapy Paradigm to Support People in Reclaiming their Lives
Matty Devenish MSW, RSW and Dennis Dion MA, RCC

Where:
HOpe Café at The HOpe Centre
1337 St. Andrews Avenue, North Vancouver, B.C

Everyone is welcome! Complimentary Breakfast served by Blenz HOpe Café
RSVP to hopementalhealth@cmha.bc.ca 4 days ahead of date