Kelty Dennehy Mental Heath Resource Centre
Evening Event Spring Series 2016

Thursday
March 24, 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 21, 2016
6:30 – 7:30pm

Meditation for Health and Wellness

Dr James Birgari
PhD in Moral development philosophy & comparative religion

Thursday
May 19, 2016
6:30 – 7:30pm

Body and Mind Connection in Healing

Dr Carlos de Leon
PhDs in Clinical Psychology and Holistic Medicine

Hope Café Atrium
1337 St Andrews Ave, North Vancouver, V7L 0B8.
Limited Seating, RSVP Required.

Please RSVP at hopementalhealth@cmha.bc.ca

Kelty Dennehy Mental Health Resource Centre
www.facebook.com/KDMHRC

Kelty Dennehy Mental Health Resource Centre
HOpe for Mental Health

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