Kelty Dennehy Mental Health Resource Centre
Mental Health Breakfast Event
Summer Series 2016 Agenda

Friday, May 13th
Peer Support and Personal Stories
Debbie Sesula
Peer Support Worker Coordinator, VCH
MJ Moore
Peer Support Worker, VCH

Friday, May 27th
Community Based Mental Health Programs
Sarah Blackmore
Clinical Counsellor for youth employment program
Co-Counsellor for a Youth Anxiety YMCA
Anuschka Naidoo
Manager, Mental Wellness Programs, YMCA

Friday, June 3rd
Cognitive Symptoms in Major Depression Disorder & Worried Well
Dr Ismail
Clinical Associate Professor of Psychiatry and Neurology
Hotchkiss Brain Institute, University of Calgary

Friday, June 10th
Psychological treatment for childhood obesity – Motivational Interviewing
Dr. Beverly Walpole
Psychologist British Columbia Children's Hospital
Shapedown BC Clinic

Friday, June 24th
Perinatal Depression: A Community Approach
Sheila Duffy
Director of Pacific Postpartum Support Society
Joan Brown
Program Lead for the Early Years Team VCH - North Shore
Karen Jorgensen
Public Health Nurse

Friday, July 8th
Update on World’s First Psychiatric Genetic Counselling Clinic
Angela Inglis
Genetic Counsellor, Clinical Assistant Professor

Friday, July 22nd
Three Simple Things you Can Do Right Now to Stop feeling Blah and Start Enjoying your Summer
Elisa Muttu
National Manager, Bounce Back
Jan Kozicky
Project Lead Mind Health BC

Friday, August 5th
The Impact of Stress Hormones
Elnaz Boloogh
Registered Psychiatric Nurse, VCH

Friday, August 19th
Bipolar-Specific Peer Support
Elaina Moss
Programs Manager, Canadian Bipolar Association
Debbie Sesula
Balancing Bipolar Program Manager

Friday, September 2nd
Child Psychiatry
Betty Tang
Clinical Director Child & Adolescent Mental Health VCH

Fridays 8am - 9am
Atrium, 1337 St Andrews Ave, North Vancouver, V7L 0B8
Everyone Welcome, Complimentary Breakfast is provided by Blenz HOpe Café
Seating Limited, RSVP required, Please RSVP to hopementalhealth@cmha.bc.ca or call 604.984.5000 Extn 5190 or www.hopementalhealth.ca/events/