

**The Scarborough Hospital Community and Patient Advisory Council
presents...**

**A Community Education Session on
Mental Health Resources in Scarborough**

**Wednesday, November 25, 2015
7 p.m. – 9 p.m.
Scarborough Civic Centre
Committee Rooms 1 and 2
150 Borough Drive, Scarborough ON**

- ✓ Learn more about how to break the stigma surrounding mental health
- ✓ Find out how to access mental health resources in Scarborough
- ✓ Discover some of the available resources servicing youth, immigrants, and caregivers
- ✓ Hear from specialists in the field

Everyone is welcome.

Presenters include:

- ❖ Dr. David Gratzer, Psychiatrist, The Scarborough Hospital
- ❖ Faiza Khalid-Khan, Patient Care Director, Mental Health, The Scarborough Hospital
- ❖ Bonnie Wong, Executive Director, Hong Fook Mental Health Association
- ❖ Samantha Chambers, Manager, Integrated Care, St. Paul's L'Amoreaux Centre
- ❖ Sheeba Narikuzhy, Clinical Manager, East Metro Youth Services
- ❖ Alanna Burke, Individual and Family Therapist, East Metro Youth Services

All community members are welcome to attend but are encouraged to register their attendance at mental-health-session.eventbrite.ca.

Parking will be free (80-100 spots), in the upper parking pad to the east of the Scarborough Civic Centre (entrance from the Scarborough Town Centre Court). Should the gate be closed upon arrival at the parking lot, please buzz security and advise that you are attending the mental health meeting.

Sincerely,

Ron Lowe
CPAC Vice Chair

Keta Nannithamby
CPAC Member

Ally Ladak
CPAC Member

