



# MENTAL HEALTH 101



Learning and addressing mental health for yourself and the young people you serve

**Join us in a two part seminar offered by the Archdiocese of Saint Boniface with the collaboration of Canadian Mental Health Association (CMHA) to educate ourselves in knowing and addressing mental health in our lives and the young people we serve. Open to any youth leaders, youth ministers, priests, and other adults working with young people.**

**Part 1 - Wednesday, September 8 (6pm - 9:30pm)**

**Part 2 - Thursday, September 9 (6pm - 9:30pm)**

**Part 1 & Part 2 - Saturday, September 11 (9am -5pm)**



**Seminar Facilitator, Stephen Sutherland**

**An experienced Mental Health Clinician and educator with a history of working in the mental health care industry, post-secondary and the non-profit sector in both Canada and The United States of America. A dynamic speaker, engaging teacher, person-centred therapist and innovative leader - Stephen produces and drives positive change.**

**Stephen is employed by the Canadian Mental Health Association Manitoba and Winnipeg and serves in the role of: Program Director, Mental Health Promotion.**

**>> CLICK HERE TO REGISTER <<**