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ᐅᓐᓃᓃᓐ 12, 2017 from 5:30ᓐ – 7:00ᓐᓐ

ᓐᓐᓐ: 604 Laurier West, Ottawa, Ontario, K1R 6L1
613-232-4477, ext. 300



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Alluriarniq Program COUNSELLING circle

October 12, 2017 from 5:30pm – 7:00pm

**Location: 604 Laurier West, Ottawa, Ontario, K1R 6L1
613-232-4477, ext. 300**



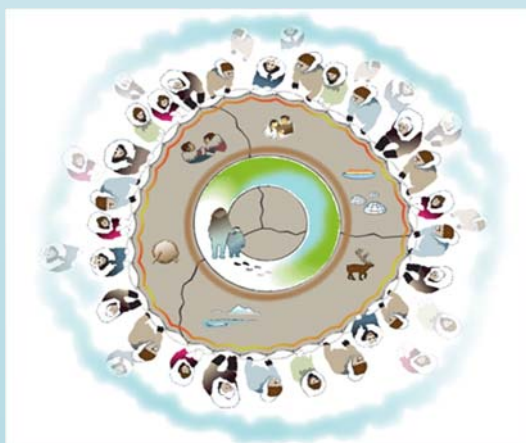
Self-Care and Mental Health Support Information Session

TI is partnering up with Mental Health and Addiction Services Ottawa to bring you our “Self-Care and Mental Health Support” Information session! We will be talking about the following topics:

- Living a balanced life
- Inside safety/outside safety
- How does self-care affect mental health?
- Self-compassion – what is it and how can I get some?
- Services and websites to help

We will provide:

- Bus tickets
- Snacks, tea & coffee



For more Information, contact Aden Cosgrove at: 613-232-447, ext. 300

Or email Jessica Rygas at: Lpr@tungasuvvingatinuit.ca