



Let's Start Talking!

Thursday, November 9, 2017

**Jr. Farmer's Building
Simcoe, Ontario**

Doors open at 6:30 pm

Light refreshment

Program 7:00 - 9:00 pm

Community Forum

Many in our community face significant challenges with stress, depression, anxiety and other issues. Without appropriate resources and intervention, the joy of life and well-being does not seem attainable.

Our community forum will address real life journeys of local individuals who have overcome significant challenges - come and hear their story. Local community members will offer resources and education.

Join us for an informative meeting offering confidence for an enhanced life for yourself or perhaps a loved one.

**For more information:
jeanmontgomery2@gmail.com**



Suicide Prevention Network
HALDIMAND-NORFOLK