



June 18

at The Oasis in Kanata

*A place for caregivers of
people with mental illness*

Mental Health Caregiver Guide

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, June 18, 7 pm
Free. All welcome.**

In an interactive discussion, Julie Turcotte, RN BScN, a Public Health Nurse with Ottawa Public Health's Mental Health Team, will take participants through the ***Mental Health Caregiver Guide***, a free national resource developed by Ottawa Public Health and its partners. Participants will learn about the mental health resources and strategies available for caregivers and the individuals they care for.