

Mental Health  
Foundation  
of Nova Scotia



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

## Mental Health First Aid CANADA

**Free for SOAR members\***

\* limited space available for guests

**Friday July 8 and Saturday July 9, 2016**

**9:30 am– 4:30 pm daily**

**Western Kings Memorial Health Centre (WKM) Berwick,  
Wilson Room (ground floor)**

The MHFA Canada program aims to improve mental health literacy, and provide the skills and knowledge to help people better manage potential or developing mental health problems in themselves, a family member, a friend or a colleague.

**Free Registration– Online**

To request an invitation, please email or phone  
Karen Martin at SOAR  
[coordinator@survivorsofabuserrecovering.ca](mailto:coordinator@survivorsofabuserrecovering.ca)  
902-679-7337



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