

We will send you registration and programming details shortly.

# Save THE Date



West Island  
Citizens Group  
Groupe Citoyen  
de l'Ouest-de-l'île

## WORLD MENTAL HEALTH DAY IN THE WEST ISLAND



OCTOBRE 10, 2023  
2:30 PM to 5:30 PM



Gerry-Robertson Community Center

### What to expect?

- Living Books: the pathway to recovery
- Panel of mental health experts
- Round table discussions
- Information on resources and services
- Refreshments and snacks offered



PCSM  
PERSPECTIVE  
COMMUNAUTAIRE  
EN SANTÉ MENTALE