



Employees of the Kawartha Pine Ridge District School Board



MENTAL HEALTH: LET'S TALK ABOUT IT

Come meet and listen to a panel of your peers talk about Living and working with Mental Health Issues.

Katie is Bipolar and has lived with this disease all her life. She is very vocal about her disease and open to all kinds of questions on how she has lived, worked, succeeded and also talks about her down times where she has attempted suicide.

Laura is a school board worker from Belleville. She has personally struggled with mental health issues. She also has reached out and spread the word about life's challenges and how we can all help out in even the smallest way.

Fred Hahn is the President of CUPE Ontario. Fred, previously worked for Community Living in Toronto. Fred sees daily the toll that Mental Health takes on CUPE workers across the Province. He is a strong advocate for making the workplace a safe, caring, open environment. He advocates at all levels of provincial government, as well with the School board Co-ordinators to promote a psychologically safe work place.

To register for this Mental Health Café please contact :

Laurie Lucciola edu@cupe5555.ca

Date: Sat Oct 21

Time: 10:00 am – Noon

Location: Cupe 5555 Union Hall

380 Lake Road

Unit 7 Bowmanville, ON