

TAMI Talking About Mental Illness



The Canadian Mental Health Association Hamilton and Delta Secondary School are pleased to offer a TAMI presentation on Wednesday, Nov. 15 from 7-8 p.m.

TAMI is an educational presentation about the importance of mental health and wellbeing. The presentation will feature information on mental health, mental illness and community resources available to help, illustrated by a speaker with lived experience who will share their personal story.

Please join us as we focus on hope, recovery and building resilience in ourselves and our youth.

Date: Wednesday, Nov. 15, 2017

Time: 7:00pm – 8:00pm

Location: Delta Secondary School, 1284, Main St. E. Hamilton, On



Canadian Mental
Health Association
Hamilton
Mental health for all