



## Mental Health Support Project (MHSP)

# When You're Not Sure How

### *The Family Version*

This workshop is about supporting you “the family member” and building your communication confidence. We will talk about the moving parts that need to be considered to foster successful communication and strategies that can be utilized to tackle hard conversations. We will close with a discussion on how to support yourself in these moments. Family is who you feel it is.

**Date:** Wednesday March 29th, 2023, 6pm -8pm

**Location:** MHSP 88 Cornelia St W. Unit A4 Smiths Falls, On  
*A light meal will be provided.*

**There is no cost to this event. Please pre-register by March 23<sup>rd</sup>**  
by calling 613-284- 4608 or emailing [mhsp@connectwell.ca](mailto:mhsp@connectwell.ca)

Charlotte Sytnyk is co-creator and the mental health mom-ager at RPLYT. As a trained family peer supporter and trainer, Charlotte's role is to support families in their family's mental health story. Family to us at RPLYT, is what family is to you.

### **Robyn Priest Live Your Truth**

RPLYT is a peer support training & consulting company.

Our goal at RPLYT is to facilitate the creation of connections, something that is integral in supporting people's mental health.

Robyn Priest is co-creator and chief non-conformist at RPLYT.

