



Mental Health Support Project (MHSP)

When You're Not Sure How

An interactive workshop facilitated by Robyn Priest

ConnectWell MHSP is excited to host an interactive workshop for those who work or communicate in some way with people experiencing mental health issues, substance use, or homelessness.

Date: Thursday, March 30th, 2023, 9:30 am - 2:00 pm

Location: MHSP 88 Cornelia St W. Unit A4 Smiths Falls, On

Free: light lunch included.

Please register by March 23rd by phone or emailing
613-284- 4608 or mhsp@connectwell.ca

In this workshop, you will gain an understanding of the experiences of people who deal with issues related to mental health, substance use or homelessness. We will also talk about the related stigma, discrimination, and trauma people live with. Learn how to enhance conversations, and how to ensure you can support yourself as you support others.

The extra bonus is the skills learned are helpful in everyday life.

Robyn Priest is well known as a Peer Support 'Guru', and has been developing and training mental health and peer services for over 25 years and in 10 different countries.

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.

