



unifor
Local 1106 | Canada

Unifor Local 1106 Education Committee is hosting supper & learn about Mental Wellness

Date: October 4

Time: 5:30pm – 7:30pm

Venue: 301 – 487 Riverbend Drive Kitchener

MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsicly Linked to (+ probably inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when it feels broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
 - Fixed
 - Fake news

RSVP By September 28, 2023

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Please inform of any dietary restrictions.