



**October 16**

**at *The Oasis in Kanata***

*A place for caregivers of  
people with mental illness*

# Exploring the Possibilities

**Glen Cairn United Church  
140 Abbeyhill Drive, Kanata**

**Monday, October 16, 7pm  
Free. All welcome.**

Paul McIntyre, a volunteer with the Mental Illness Caregivers' Association (MICA), will share some of the lessons he has learned as a caregiver for loved ones living with mental illness, from treatment and rehabilitation to recovery - including recovery now focused on exploring the possibilities.