



June 17

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Navigating the System

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, June 17, 7pm
Free. All welcome.**

**Sam Kabbara, a System Navigator
with the Canadian Mental Health
Association, will provide information
on how caregivers may navigate the
mental health system to locate
resources to help their loved ones.**