

Strengthening Community Connection and Building Resilience

Join us for a free community event focused on mental health and addictions awareness in the community.

What to Expect:

- Keynote by Dr. Chhavi Kaushik from Trillium Health Partners
- Presentations by Mental Health and Addictions Professionals
- Interactive Activities
- Light refreshments and lunch will be served
- Resource-building and networking opportunities

Date: September 11th, 2025

Time: 11AM-3PM

Location: Riverstone Community Centre
195 Don Minaker Drive
Brampton, ON

Register today - It's FREE!

**Scan the QR code or click
here to register:**

www.eventbrite.ca

