



January 16
at The Oasis in Kanata

Family Wellness and Coping Plans

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, January 16, 7 pm
Free. All welcome.**

Amanda Telford, MSW RSW, of Amanda Telford Mobile Counseling Services, will present practical coping strategies and techniques for caregivers and their family members so they may maintain their own mental, physical, and emotional health while caring for a loved one with a mental illness.