

THE INQUIRING M I N D POST-SECONDARY



January 31 & February 7

In person

3:30-5:30pm

SUPPORTING OURSELVES AND EACH OTHER

FREE workshop for King's students!

- Reduce mental health stigma
- Learn how to use the mental health continuum model
- Improve resilience and learn coping strategies
- Create a supportive campus community

Learn more and register using
this QR code



DALHOUSIE
UNIVERSITY

STUDENT HEALTH
& WELLNESS



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada