

If you came to Canada as an immigrant or refugee...  
If you are a mental health and addictions worker, social service or health care provider...  
If you have interest in or are concerned about mental health and addictions...

*Please join us at the*

# Seeds of Change

**Community Forum Featuring MT Space theatre presentation**

**Tuesday, November 22, 2011**

**12:00 p.m. to 4:00 p.m.**

**Aeolian Hall,**

**795 Dundas Street, London**

**Lunch will be provided Registration is FREE**

**\*\*Discussion tables will be available in English and French**

**Talk about barriers and cultural differences that prevent people with immigrant and refugee experience from getting the help they need for mental health and addictions concerns.**

**What can service providers and professionals do?**

**What can families, friends, and neighbours do?**

Help to Plant the Seeds of Change

The Seeds of Change project was created to improve our community response to the mental health and addictions concerns of people with immigrant or refugee experience.



For more information please contact

Katy at 519-433-0183 x8109 or [kboychuk@fstvconnects.ca](mailto:kboychuk@fstvconnects.ca)



**REGISTER BY FRIDAY, NOVEMBER 18 - EMAIL [kboychuk@fstvconnects.ca](mailto:kboychuk@fstvconnects.ca) OR FAX 519-433-4273**

NAME: \_\_\_\_\_ LANGUAGE PREFERENCE (CHECK ONE)  
ETHNO-CULTURAL COMMUNITY \_\_\_\_\_  ENGLISH  FRENCH  
AND/OR AGENCY EMPLOYER: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

SPECIAL DIETARY NEEDS: \_\_\_\_\_