



January 28
bell.ca/letstalk

Recognizing that many in the Huron Heights/Doon Community are hurting and don't know who to talk to...

Doon Presbyterian Church Invites you to join us for "Let's Listen"

This informal 3 week lecture series is a mental health 101. With an emphasis on youth and understanding signs of distress, there will be a general overview of these complex issues.

Tuesday January 27th - Anxiety

Tuesday February 3rd - Depression

Tuesday February 10th - Suicide Prevention

Lectures start at **7pm**, following the one hour lecture stay for refreshments and conversation.

The lectures are **FREE** and open to parents, teachers, students, family and community members that have questions and a desire to understand more about mental health.

For further information contact:

churchoffice@doonpc.com

Attn: "Let's Listen"

35 Roos St., Kitchener

(on the hill behind Homer Watson Gallery)

www.doonpc.com