



**November 20**

**at *The Oasis in Kanata***

*A place for caregivers of  
people with mental illness*

# ***Eating Disorders***

**Glen Cairn United Church**

**140 Abbeyhill Drive, Kanata**

**Monday, November 20, 7pm**

**Free. All welcome.**

Self-image problems are teens' number one mental health concern. Jody Brian of the Hopewell Eating Disorder Support Centre and Dr. Shari Mayman of Anchor Psychological Services will provide an overview of eating disorders as they affect mental health, and discuss support guidelines for caregivers.