



March 18

at *The Oasis in Kanata*

*A place for caregivers of
people with mental illness*

Depression

**Glen Cairn United Church
140 Abbeyhill Drive, Kanata
Monday, March 18, 7pm
Free. All welcome.**

Helping a loved one manage their depression can be hard. If someone in your life has depression, you may feel helpless, frustrated, and wonder what to do next. Join Rob Nettleton and Sara Stewart, Social Workers from The Royal Ottawa Mental Health Centre, as they present skills on how to support family members experiencing depression and how to practice self-care.

