

FREE event
Breakfast and lunch will be included

Mental Wellness in the Workplace

Mental Health affects everyone

Learn how you can make
a difference

metaservices.ca/mental-wellness

JOIN US
Feb 27, 2020 at
Ramada, Belleville
8:00 AM - 4:45 PM

To Register:
Call Laurie 613.966.9069
or email
lauries@metaservices.ca



DYNAMIC AND ENGAGING KEYNOTE SPEAKERS.

1 in 5 Canadians is affected by mental health issues, which inevitably affect the businesses they work for when the support structure they need is lacking. META is currently organizing a one day conference to help both employers and employees learn how to face these difficulties head-on, in order to support the well-being of your company and the people that make it work.

Mental Health affects everyone *Learn how you can make a difference*

- Connect with local service providers and access relevant resources to support persons in the Quinte and surrounding areas
- Gain insightful knowledge from a talented group of speakers and professionals
- Have the opportunity to network with community partners, employers and local residents adding to the dialogue of Mental Health and Wellness in the Workplace

Visit metaservices.ca/mental-wellness
for more information.

Mental Wellness in the Workplace

