



HAPPY MINDS - HAPPY FAMILIES

Attend this amazing, **FREE mental health symposium** and you will discover solutions to deal with a wide range of issues, including **stress**, anxiety, **depression**, parent/student relationships and more. Ridgemont High School **welcomes everyone in the community!**



TIME

Friday, May 5
5:00 - 7:00 PM



LOCATION

Ridgemont High School Cafeteria
2597 Alta Vista Drive



SPEAKERS

Marian Meade, Caroline Alince,
and Guidance Department Rep



ORGANIZER

Ridgemont High School Council

DETAILS - Please join us at Ridgemont High School, 2587 Alta Vista Drive, on **Friday, May 5th** for our **MULTI-CULTURAL POT-LUCK** dinner and **Mental Health Symposium** from 5:00 – 7:00 PM. You won't want to miss trying out delicious peanut-free foods from around the world!

For further information regarding our Mental Health Symposium please contact Cindy Jadayel at cmjadayel@yahoo.ca

For information regarding our Multi-cultural Pot-luck Dinner, please contact Bev Melymick at Beverley.melymick@ocdsb.ca and please write RHS Event as the subject in the E-mail.

