

# Mental Illness Awareness Week

October 1 - 7



**Mental Illness Awareness Week (MIAW)** is an annual, national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. At our Hospital, the Mental Health and Mental Illness Awareness Committee was formed to raise awareness of mental illness and mental health, and

to reduce stigma and misinformation around mental illness.

Join in some of the events and improve understanding and reduce the stigma around mental illness.

**Registration is not required.** Attendees will be entered into a draw to win prizes from local vendors.

## Monday October 2

12:30 (ICP 2178)

Speaker:

**Margie Uuranian,  
HBSW**

Margie will share her personal experience and knowledge of grief and loss. She will talk about coping skills that may help you through your own journey.

2:30 - 3:30 p.m.

### **Mindful in Motion Carts**

Keep an eye out for these roaming carts. We will be coming around with information about Mental Illness Awareness Week events, resources and snacks.

## Tuesday October 3

12:00 - 12:30 p.m.  
(Auditorium A)

Speaker:

**Shane, Andrew  
Miedema  
Foundation**

Shane will share his personal story of the loss of his friend to suicide and will initiate the important conversation surrounding mental health.

## Wednesday October 4

11:00 - 7:00 p.m.  
(Auditoriums  
A & B)

### **Expo**

Drop in to learn about a variety of Hospital services and community organizations. The Therapy Dogs will be visiting throughout the day.

## Thursday October 5

3:00 - 4:00 p.m.  
(Auditoriums  
A & B)

### **Dynamic Discussions with Clinicians**

This is your chance to ask questions and gain insight into mental illness. There will be a panel of mental health clinicians from TBRHSC sharing knowledge on mental illness throughout the lifespan.

## Friday October 6

12:00 - 12:30 p.m.  
(ICP 2178)

Speaker:

**Madison, RN**

Madison, an RN at TBRHSC, will be speaking about the loss of her brother to suicide, mental health, and addictions.



Thunder Bay Regional  
Health Sciences  
Centre