

Mental Illness Awareness Week

October 7 – 11

Monday October 7

12:00 p.m. -
1:00 p.m.

ICP Video,
Room 2171

Insightful Connections

Come chat with Sharon Bak as she delves into her experiences with trauma, resilience, and healing. Gain valuable insights from her personal journey and professional perspective.

Tuesday October 8

1:00 p.m. -
1:30 p.m.

Emergency
Department
Conference Room,
Room 2844

2:00 - 2:30 p.m.

ICU Conference
Room, Room 3862

Dynamic Discussions with Clinicians: Spotlight

Clinical & Forensics Psychologist, Kristine Lake, and Former Forensic Detective Constable, Jesse Lepere, discuss how to recognize and manage vicarious trauma, burnout, and empathic strain.

*Refreshments
provided.*

Wednesday October 9

11:00 a.m. -
4:00 p.m.

Auditorium A & B

Mental Health Expo

Drop-in to learn about various Hospital Services and Community Services supporting mental health and addictions. Enter for a chance to win 1 of 4 door prizes.

*Refreshments
provided.*

Thursday October 10

12:00 p.m. -
1:00 p.m.

Auditorium A & B

Wisdom and Words: Speaker Series

Join us for a series of three insightful 20-minute sessions featuring experts Kyle Arnold, Vanessa Tookenay, and Rob Kozak. Attend one session or all three, and gain perspectives that could enhance your professional approach in supporting others.

Friday October 11

11:30 a.m. -
1:30 p.m.

Volunteer
Services Room
2007

Rest and Relaxation Hour

Come enjoy our calming break space, with coffee, music, and the St. John Ambulance Therapy Dogs.

Look out for our table display at the bottom of the stairs and at the front of Seasons Gift Shop, all week!

All staff welcome to all events and no registration required.
Any questions, please email Kristine.koshowski@tbh.net
OR Giulia.daniele@tbh.net



Thunder Bay Regional
Health Sciences
Centre



Mental Health
Awareness
Committee