



# CMHA National Conference 2013

## Changing Perspectives...

Addressing the Social Determinants of  
Mental Health and Addictions

### TABLE TALKS

Thursday Oct 17th, 2013 - 8:00am - 8:30am  
Friday, Oct. 18th, 2013 - 8:00am - 9:00am

**Wake up with coffee, breakfast and engaging conversation during the conference.** Table Talks give you the opportunity to network with your CMHA colleagues and mental health partners from across Canada on issues, ideas and programs that interest you!

Got a program, project idea or issue that you would like to talk about? Volunteer to facilitate a Table Talk. These informal breakfast sessions require a minimal amount of preparation but can offer a wealth of inspiration and connections.

#### Examples of possible Table Talk Sessions:

- CMHAs involvement in mental health promotion in schools – obstacles and outcomes
- The role and operations of peer support programs in CMHAs across Canada
- Creative, simple and fun fundraising ideas for mental health initiatives
- Models of employment programs at CMHAs across Canada – what are we learning?
- Advocating for housing: Cross-Canada perspectives on addressing housing needs

Make sure to bring your business cards!

**To submit a proposal for a Table Talk,  
go to: [www.innovative4you.com/cmhtable.htm](http://www.innovative4you.com/cmhtable.htm)  
Deadline of September 23<sup>rd</sup>, 2013**

**Sherry Sim, Event Manager  
Email: [sherry@innovative4you.com](mailto:sherry@innovative4you.com) Phone : 1-866-655-8548**

