

The CAN-BIND Program Invites you to its 4th annual

# Family and Friends Day

## Brain Health and Wellness in Depression



**Wednesday, March 20th 2019**  
5:00pm - 8:30pm

***Pre-event Workshops include:***

- Beginner Martial Arts (30 min)
- Art Therapy (40 min)



**We Global Learning Centre,**  
Toronto, ON

To register for the event, visit: [www.familyandfriends2019.eventbrite.ca](http://www.familyandfriends2019.eventbrite.ca)

More information:

 [www.canbind.ca/education-outreach/](http://www.canbind.ca/education-outreach/)  [canbind@smh.ca](mailto:canbind@smh.ca)  [#CANBINDFFD](https://twitter.com/CANBINDFFD)

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