



YOU ARE INVITED TO



HEADSPACE HANGOUT

Mind Matters for Youth and Family

Join us to unite as a community and break the stigma around South Asian youth mental health!



Saturday, November 23,
9:30 am to 4:30 pm



Council of India Societies of Edmonton
9504 – 37 Avenue, Edmonton, AB T6E 5K3



Free Registration and a Light Lunch!!



headspacehangout.eventbrite.ca

Collaborating Organizations:



Canadian Mental
Health Association
Edmonton
Mental health for all

**SOUTH ASIANS UNITED
SAUMH
FOR MENTAL HEALTH**



CISE
Council of India
Societies of Edmonton

Please write to info@saumh.ca or call 780-906-4489 for more info!