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You are invited to
OLAP WOMEN'S WORK AND WELLNESS GROUP LUNCHEON

DATE: Thursday, March 25, 2010
TIME: 12:00 p.m. Lunch/Networking - 12:15-1:00 p.m. Presentation
PLACE: Ontario Bar Association Conference Centre
20 Toronto St., Suite 200 Toronto

We welcome a \$5.00 voluntary payment to help cover costs of the lunch

TOPIC: "Nobody's Dirty Laundry: Shining the light on Mental Illness"

Lawyers often face the complexities of mental health issues in practice and in personal life. The issues of depression, anxiety and bipolar disorder are never far from mind. Come and hear a perspective that will help with practical tips, things to say and do when dealing with a difficult situation and prevention of possible problems related to mental illness. You will be glad that you did.

Presenter

Karen Liberman is a dynamic presenter with a passion for helping people understand and deal with mental health issues. She is president of the Mood Disorders Association of Ontario. She is a long-time community activist, workshop presenter, group facilitator and social justice advocate. Above all, she is a shining example of hope and recovery. She has received many awards including the Ontario Psychological Association's Public Service Award, the prestigious Douglas Utting Award of excellence in combating the stigma of depression and the Courage to Come Back Award from the Centre for Addiction and Mental Health.

Deadline for registration is Monday, March 22, 2010

RSVP: Krista Martin Gorelle, email kgorelle@osc.gov.on.ca
Patty deLaat, Women's Law Association of Ontario, email wlao@cogeco.ca
Jill Keaney, Ontario Lawyers' Assistance Program, email j.keaney@olap.ca

TAKE SOME TIME FOR YOURSELF~MEET OTHER WOMEN LAWYERS~SHARE IDEAS & STRATEGIES

The Women's Work and Wellness Group is sponsored by the Ontario Lawyers' Assistance Program in keeping with our mandate to promote a healthy and balanced lifestyle for members of the legal profession. The luncheon series is promoted and organized with support from the Ontario Bar Association www.oba.org and the Women's Law Association of Ontario www.wlao.on.ca