

Join us for a FREE virtual...

# TAMI SERIES

## TALKING ABOUT MENTAL ILLNESS

The goal of a TAMI presentation is to reduce the stigma surrounding the topic of mental health and mental illness, while providing a safe forum for participants to discuss the importance of mental health.

**Each presentation features a personal story (see links below) along with information and resources.**

**(1) Wednesday, November 4th 2020 / 12:00 - 1:00 PM**

TAMI Speaker: Harrison Wheeler - *Harrison has been with the TAMI program for a number of years, sharing his journey with Bipolar Disorder. Harrison is a peer support worker with CMHA Hamilton and a past recipient of the St. Joe's Foundation Spirit of Hope Award.*

**To register:** <https://www.eventbrite.ca/e/tami-series-feat-harrison-wheeler-tickets-126414690743>

**(2) Thursday, November 12th 2020 / 12:00 - 1:00 PM**

TAMI Speaker: Elisha Rogal - *Elisha has been sharing her story with the TAMI program for over two years now. She is very proud of the work she does in the education sector helping youth in their path to success.*

**To register:** <https://www.eventbrite.ca/e/tami-series-feat-elisha-rogal-tickets-126417775971>

**(3) Wednesday, November 18th 2020 / 12:00 - 1:00 PM**

TAMI Speaker: Linda Cook - *Linda is a veteran speaker with the TAMI program. She is the very proud mother of 3 young adult men and shares her story as a caregiver and mother to individuals living with mental illness*

**To register:** <https://www.eventbrite.ca/e/tami-series-feat-linda-cook-tickets-126421663599>

**(4) Wednesday, November 25th 2020 / 12:00 - 1:00 PM**

TAMI Speaker: Liz Malcolmson - *Liz has been with the TAMI program for a number of years, sharing her story of working and living with schizophrenia and the importance of reducing the stigma that surrounds mental illness.*

**To Register:** <https://www.eventbrite.ca/e/tami-series-feat-liz-malcolmson-tickets-126422096895>

**Brought to you by:**



**Canadian Mental  
Health Association  
Hamilton**  
*Mental health for all*

No cost to attend.

Pre-registration required.

**For more information, contact:**  
[jdennison@cmhahamilton.ca](mailto:jdennison@cmhahamilton.ca)