



Canadian Mental  
Health Association  
Hamilton  
*Mental health for all*

Join us for a NEW virtual series...

# A Mental Health Minute

## Featuring Nick Petrella

Open and honest conversations about mental health and mental illness are crucial to the well-being of all Canadians. However, we know that this year has looked much different than a lot of us could have ever expected.

In light of Bell Let's Talk 2021, the Canadian Mental Health Association - Hamilton Branch, has put together a 4 week FREE virtual webinar series focused around Bell's "5 Ways to Help" to reduce stigma.

These webinars will be co-hosted by Nick Petrella, a Community and National advocate in Mental Health and Wellness. In 2010 Nick was diagnosed with severe depression and anxiety so knows all too well about how these small and simple acts can have a profound impact on someone's recovery

### **Wednesdays / 12:00 - 1:00 PM**

- (1) **Your Words Matter** – January 6th 2021
- (2) **Get Educated** – January 13th 2021
- (3) **Listen, ask questions & always, be kind** – January 20th 2021
- (4) **Break the Silence** – January 27th 2021

**For full event descriptions and registration information, please visit:**

[www.cmhahamilton.ca](http://www.cmhahamilton.ca)

For additional information, contact:  
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