



Canadian Mental  
Health Association  
Nova Scotia  
*Mental health for all*



Accredited  
IMAGINE CANADA

# CHANGING MINDS

Empowering Understanding,  
Inspiring Support.

Canadian Mental Health Association Nova Scotia Division  
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Dartmouth, Nova Scotia | B2W 6C4  
Charitable Number: 133465609RR0001

## Learn about mental illness from people who live with mental illness.

Changing Minds is a workshop that combines the experience of people living with mental illness with clinical research to help you improve your understanding of mental health and mental illness.

Delivered to hundreds of Canadians each year, this powerful and engaging workshop empowers you to better support those with mental illness and break down stigma.

### What you will learn:

- The difference between mental health and mental illness;
- Basic information about specific illnesses, including depression, anxiety and psychosis; and
- The impact of stigma.

Contact our Education and Training team at [education@novascotia.cmha.ca](mailto:education@novascotia.cmha.ca) for more information or to book your workshop today!

