



Jamaican**Canadian**Association



# JCA WOMEN'S COMMITTEE Mental Wellness Fair

SATURDAY OCTOBER 28, 2017

9:30 – 2:00 p.m.

At the JCA: 995 Arrow Road  
Toronto



## “MINDING YOUR MIND MATTERS”

STEPPING OVER STIGMA TO  
TALK ABOUT STRESS, DEPRESSION AND THE  
IMPACT ON BLACK WOMEN AND FAMILIES

- 9:30 a.m. Registration
- 10:00 a.m. Keynote Speaker: Stacy-Ann Buchanan: The Blind Stigma
- 10:35 a.m. Sessions: Stigma – Generational Violence – Depression – Healthy Relationships
- 11:45 a.m. Session: Dementia – Resources - Youth
- 12:35 p.m. Lunch
- 1:00 p.m. Panel Discussion
- 2:00 p.m. Wrap up

Free admission

Light Lunch provided

For more Info: [JCAwomencommittee@gmail.com](mailto:JCAwomencommittee@gmail.com)