



**THE CONSUMER  
SURVIVOR NETWORK**

**Invites You To The**

# **ENLIGHTEN CONFERENCE**

This event is free and open to the community!

Join the CSN and F&A team for a day filled with knowledge, hope and information. Hear from guest speakers from services within your communities, who will talk about what their organizations provide, how they support the communities and how you can connect to them.

**Wednesday October 18th 2023**

**10am - 4:30pm**

### **What's Happening**

- Complimentary Light Breakfast
- Guest speakers
- Relaxing Reiki Session
- Free Lunch
- Resource Table
- Gifts

### **Location**

Bramalea Lions Hall  
45 Avondale Blvd, Brampton, ON  
L6T 1H1

### **To RSVP**

**Call 905-452-1002**

**September 18th - October 6th**

**To reserve your spot.**

**Limited seats.**

**OUR COMMUNITY  
CONNECTING TO SERVICES**



# Our Speakers



## SHIP

Services and Housing  
In the Province

SHIP works to support those with mental health and addiction challenges to increase their quality of life and live to their full potential through safe, affordable and supportive community based housing and services.



Nadine Mckoy has been practicing energy healing for over 13 years and is a Reiki and energy healing practitioner. She helps people experience and understand the transfer of energy in our daily lives, so that we can gain more knowledge of self.

Ontario Structured Psychotherapy Program (OSP)



Adults in Ontario with depression and anxiety can access free, short-term, evidence-based cognitive-behavioural therapy and related services through the Ontario Structured Psychotherapy Program. All services in OSP are informed by cognitive-behavioural therapy approaches and are matched to the level of care that best meets a person's needs.



Stride supports people 16+ struggling with mental health or addictions as they seek meaningful employment. Their team considers your unique situation, helping you prepare for employment, find a job, and provides encouragement. Stride helps you build the confidence and skills needed to find and keep a job.



ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness or gambling by connecting them with services in their area. Funded by the Government of Ontario.