



Join us for a **free breakfast**

Monday, February 6

9:30am

St. George's Anglican Church

159 Church Street

Echo Bay

Enjoy muffins, coffee, tea, juice,  
and conversation with friends!

Our ***Guest Speaker*** is  
Jordan Middleton

from the



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

Stress, anxiety, depression, and addictions are on the rise. Find out what help is out there. Did you know, by the time Canadians reach the age of 40, 1 in 2 have – or have had – a mental illness? (Smetanin et al., 2011)

***Next free breakfast & Speaker: Monday, March 6, Same Time, Same Place***