

Free **Breakfast and Speaker!**

Monday, March 4

9:30am

St. George's Anglican Church

159 Church Street

Echo Bay

Enjoy hot & cold
breakfast items plus

coffee, tea, juice, and conversation with friends!



Join retired ER nurse, Janet Arnold, to learn more about...

- diagnosing a mental health condition
- you, or a loved one, end up in emerg in crisis...Now what?
- signs & symptoms of various conditions

Next breakfast: May 6 with a St. John's Ambulance therapy dog team