



## STRATEGIES THAT WORK - COMMUNITY FORUM

Coming together to break down stigma and share solutions!

On Thursday, November 7, the Schizophrenia Society of Ontario (SSO) and the Oak Centre Clubhouse are hosting **Strategies That Work**, a free Community Forum for all who are affected by and are interested in mental health issues.

Come out to connect with others passionate about mental health and hear from expert panelists who will share their wisdom on:

- Effective Treatments and Supports
- Recovery: What It Is and How to Achieve It
- Latest Research Developments
- Mental Health System: How to Get Help

**Where:** Civic Square  
Community Room  
60 East Main St.  
Welland

**When:** Thursday, November 7  
5:30 – 9:00 pm

**Admission:** Free of charge  
Refreshments will be provided

**RSVP:**

Call Penny at 1-800-449-6367 or  
email [sso@schizophrenia.on.ca](mailto:sso@schizophrenia.on.ca)

or visit

[www.schizophrenia.on.ca](http://www.schizophrenia.on.ca)