

# Youth Mental Health Event “Resilience in an Uncertain Time”

October 31, 10:30am, Bayshore Community Centre

\$15 Tickets @  
Attack Box Office

Keynote Speaker:  
Kaleb Dahlgren

Plus: Mental Health  
Resources & Tools  
for Youth

\*Book Sale &  
Signing @ Event!

Courtesy of

**Coles**

Presented By:



[optimistclubsydenham.ca](http://optimistclubsydenham.ca)

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Canadian Mental  
Health Association  
Grey Bruce  
Mental Health and Addiction Services

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PROJECT

