Youth & Family

MENTAL HEALTH EVENT

YOU'RE INVITED!

Empowering action on youth mental health

We all play a role in building stronger, more resilient communities.

Join us for a panel discussion with experts and leaders who are passionate about addressing youth mental health issues.

Listen to panelists share their experiences, ask questions, and learn about resources available to you right now for mental health support.

Together, we can help empower young people to take action on their mental health.

Wednesday, April 7, 2021, from 7 p.m. – 8 p. m. ET

Register today – it's open to all

Register now for this free event and invite the young people in your life – children, nieces, nephews, neighbours. Watch the event together or share this registration link.

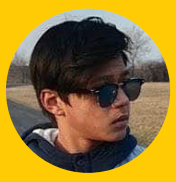
sunlife.ca/youthmentalhealth

Panelists

Nick Nurse
Head coach of the Toronto Raptors

Tyler Smith
Former Humboldt Broncos player

Lacy Hartselle
Actress & mental health advocate



Zafir Zaman
Youth mental health advocate and ally

Proudly hosted by Sun Life, in partnership with the Unsinkable Foundation.

Sun Life | Lumino Health