



THE ISMAILI CENTRE
TORONTO

MINDING THE GAP

A CONVERSATION ON MENTAL HEALTH & STIGMA

Mental illness affects 1 in 5 Canadians but many avoid seeking help because of stigma. Join us on January 30, 2019 (Bell Let's Talk Day) for a panel discussion on mental health, the impact of stigma, and how we can all take action to reduce the stigma. Our esteemed panel will share their experiences and participate in a moderated discussion led by Karim Mamdani (CEO of Ontario Shores Centre for Mental Health Sciences).



Shayan Yazdanpanah
Student and Jack Talks speaker with Jack.org



Dr. Gursharan Virdee
Psychologist and Researcher,
Centre for Addiction and Mental Health



Tammie Sutherland
Reporter for CityNews and Breakfast Television

In celebration of  **Bell**
Let's Talk

Wednesday, January 30, 2019 | Time: 7:00 pm | Admission: Free | Register here



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