

March 26, 2020
7 PM – 9 PM

Conexus Room
Humboldt District Hospital
515-14th Avenue, Humboldt, SK

**FREE
ADMISSION**

Everyone Welcome

Refreshments Available

Understanding Mental Health

Presentation by Reanna Boschee, Public Educator
with the Canadian Mental Health Association
(Saskatoon Branch)

- > Common Mental Health Challenges
- > Mental Health and Stress in Agriculture
- > Supporting Yourself and Others with Mental Health Challenges
- > Changing the Language Around Mental Health

For more information, please contact erin.plamondon-braun@saskhealthauthority.ca

Pre-registration is not required

Reanna Boschee grew up in a small farming town in southern Saskatchewan and obtained her Bachelor of Arts & Science in Sociology and Psychology from the University of Lethbridge. In 2016, Reanna moved to Saskatoon to pursue a career and to help out on her partner's family farm.

When she is not collaborating with co-workers and other community organizations, she can be found spending time with family and friends and spending time outdoors.

