



**March 20**

***at The Oasis in Kanata***

***A place for caregivers of  
people with mental illness***

# **Gaining and Maintaining Balance**

**Glen Cairn United Church  
140 Abbeyhill Drive, Kanata  
Monday, March 20, 7 pm  
Free. All welcome.**

Dianne Blackburn, a Social Worker and Therapist with over 25 years of experience in the mental health field, will discuss how caregivers can support their loved ones with their mental illness while continuing to have lives of their own.