

FINDING OUR WAY FORWARD

Mental Health, Addictions & Community Well-Being

A COMMUNITY FORUM 2026



Monday, October 26, 2026



**Natraj Banquet Hall
7275 Torbram Rd,
Mississauga**



**Registration opens @ 10:30 AM
Event ends @ 3:00 PM**



EVENT HIGHLIGHTS



**Inspiring
Keynote
Speaker**



**Presentations
from
Professionals**



**Interactive
Activities &
Discussions**



**Community
Networking
Opportunities**



**Lunch &
Refreshments
Provided**



**Exciting
Raffle
Draw**



Join us for a day of learning, connection and community wellness

Whether you are a community member, caregiver, advocate, or someone interested in mental health and well-being, this forum offers an opportunity to learn, connect and discover supports available in our community.

REGISTER TODAY FOR FREE

Scan the QR Code to reserve your spot on Eventbrite!



Hosted by

**PCHS Sahara Mental Health
& Addiction Programs**



905-677-0889



www.pchs4u.com

