

# FREE SCREENING & DISCUSSION

Tuesday, May 8, 2018 Start time 7:00 pm  
Ralph Fisher Auditorium – Richmond Hospital



## Building Resiliency to support Mental Wellness

Resiliency is the ability to adapt, learn from mistakes and then move forward.

## Mental Health Week – Film Screening & Discussion

Tuesday, May 8, 2018

*Doors Open 6:30*

### Post screening discussion with:

#### **Dr. Ingrid Söchting,**

Director, UBC Psychology Clinic,  
Clinical Associate Professor,  
UBC Psychiatry

A staff member, City of Richmond's  
Community Wellness Programs

**Seia Roots,** Laughter Yoga Specialist

**Ralph Fisher Auditorium  
Richmond Hospital  
7000 Westminster Hwy**

***Free parking only in the gravel lot  
accessed from Westminster Hwy***

People who are resilient can effectively cope with, or adapt to, stress and challenging life situations.

They learn from experience how to effectively manage in one situation, then apply this knowledge when coping with stresses and challenges in the future.

**Attend this evening and learn ways  
to bounce back.**

For more information contact:

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*Screening organized by: Pathways Clubhouse; Vancouver Coastal Health – Richmond Mental Health and Substance Use Program and Family Advisory Committee; Richmond Mental Health Consumer and Friends Society; and VCH Community Engagement*

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