

# Suits Me

An Initiative of  
Women's Mental Health  
at The Royal

**COME** and join us for a  
day of learning, networking,  
and shopping



THESE WORKSHOPS ARE FOR WOMEN  
CLIENTS ONLY TO SUPPORT THEIR  
TRANSITION TO THE WORKPLACE

All sessions are from  
10 AM to 12 noon

Visit to the clothing  
boutique in room 3375 will follow  
the workshops

Saturday, February 15, 2020  
Tapping into your SuperPowers  
with Susan Blain  
Conference room 1425

Saturday, March 14, 2020  
Nutrition and Mental Health  
with Taylor Gendron  
Conference room 1424



Mental Health - Care & Research  
Santé mentale - Soins et recherche

All workshops are located at  
The Royal, 1145 Carling Avenue, Ottawa ON

**FREE ADMISSION**

Please confirm your attendance  
with [debbie.mcfarlane@theroyal.ca](mailto:debbie.mcfarlane@theroyal.ca)

[www.theroyal.ca](http://www.theroyal.ca)