

## **Speaking Agenda:**

### **11 a.m.: “What is this thing called mental health?”**

Presenter: Heather Bickle, B.Ed., Health Promotion Educator; Canadian Mental Health Association, Oshawa.

### **11:30 a.m.: Dealing with anxiety...no worries!**

Presenter: Eric Rubel, M.A., M.Ed., OACCPP  
Title- National Clinical Director Aspiria Corp.  
Specializations - Addictive Behaviours and Mental Health

### **Noon: Yoga demo: How Yoga can help you**

Presenter: Shannon Everette, B.A.  
Fitness instructor specialist from Can-Fit, Registered yoga teacher ( RYT) from Yoga Alliance; working on her Masters of Education at UOIT. Currently employee of Flex Centre, Durham College.

### **12:30 p.m.: Making the Most of Your Time**

Presenter: David Clarke, DMHS Coordinator of Communications and Training, Durham Mental Health Services.

David Clarke is co-ordinator of Communications and Training with Durham Mental Health Services. He has worked locally in community mental health for over 20 years as a case worker, a program supervisor, and now as a trainer. David has delivered educational presentations to organizations including Ontario Shores for Mental Health Sciences, the Ontario Ministry of Revenue, the Region of Durham, and the Whitby Chamber of Commerce.

### **1 p.m.: Substance Use - Let's Talk!**

Presenter: Alex Bassermann, B.A., Addictions Counsellor, Pinewood Centre, LHO.

## **List of participating community agencies:**

- Ontario Shores Centre for Mental Health Sciences  
700 Gordon St  
Whitby, ON L1N 5S9  
(905) 668-5881  
ontarioshores.ca
- Canadian Mental Health Association, Durham  
CMHA Durham  
60 Bond Street West  
Oshawa, ON L1G 1A5  
Phone: (905) 436-8760  
Fax: (905) 436-1569
- Region of Durham, Family Services  
605 Rossland Rd. E  
Whitby, ON L1N 6A3  
905-668-7711  
1-800-372-1102
- Durham Mental Health Services

519 Brock Street South  
Whitby, Ontario L1N 4K8 [View Map](#)  
Phone (905) 666-0831  
Fax (905) 666-2976

- Distress Centre, Durham  
306 Brock St. N., Whitby, ON L1N 4H7  
Tel.: 905-430-3511 / Fax: 905-430-1381
- Lakeridge Health Oshawa  
1 Hospital Court, Oshawa.
- Oshawa Psychological and Counselling Services  
Oshawa Psychological and Counselling Services  
2nd Floor, East Wing  
Oshawa Clinic  
117 King Street East  
Oshawa, ON  
L1H 1B9
- Aspiria  
[info@aspiria.ca](mailto:info@aspiria.ca)  
T 905 415 0500  
F 905 415 3969  
445 Apple Creek Boulevard. Suite 202. Markham Ontario, L3R 9X7
- Durham Rape Crisis Centre
- YWCA Durham  
33 Mcgrigor Street Oshawa, ON  
(905) 723-9922
- Ontario Ministry of Community and Social Services, Ontario Disability Support Program,  
Durham.