

Sashbear

MENTAL HEALTH Information Table

Saturday, October 14
10am - 4pm



ESWIM Hall of Fame Meet
Etobicoke Olympium - cafeteria (2nd floor)

For more information about Sashbear, visit:
www.Sashbear.org (or scan QR code below)

Come and talk with our Sashbear representatives to learn how we empower family members with life-transforming skills and hope, through evidence-based programs and education at no charge.

The Sashbear Foundation is a national charity and is recognized as a leading voice for Canadian families impacted by emotion dysregulation and suicidality. Learn more at sashbear.org



Sashbear.org

Making waves on mental health,
BPD, and suicide prevention

