

MHNIG 2023 AGM
October 27, 2023
9 am- 3 pm
Via Zoom



Featured Presentations:

1. *What's Happening Between Us On the Healthcare Team?*

By Dr. Linda MacDougall RN, PhD

- Understand the importance of first impressions and why they matter then reflect on personal experiences with first impressions
- Become aware of five options in managing feelings of shame and reflect on personal maladaptive encounters with shame
- Understand two strategies for managing shame and reflect on how these could be personally instilled as adaptive resources

2. *Picture of Spirituality in Youth Living with Bipolar Disorder*

By Michelle Solomon RN, MScN, PhD(c)

- Gain a deeper understanding of your own spirituality
- Be aware of how participants in the research study described their understanding of and experiences of spirituality, and how it related to their mood and mental health
- Discuss challenges and opportunities for integrating spirituality into your nursing practice and daily life

3. *Art of Wellness*

By Susan Ksiezopolski, award-winning writer

- Explore the role that art has in healing and how we can integrate a daily writing practice to de-stress
- Includes a hands- on writing exercise and reflection

Why attend?

- Connect with other MHNIG members
- Learn from three engaging speakers on topics of interest
- Recieve updates and previews of the MHNIG Executive

Please follow this link to register!



We hope to see you at the 2023 AGM!

You are welcome to join when you are available throughout the day.

