



Leaders for mental health breakfast

The ⁱLe
Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

Presented by
**Tech
Insights**

Join me to help transform mental health care

What: The Royal's Leaders for Mental Health Breakfast

Date: Tuesday, October 4, 2022

Location: EY Centre (4899 Uplands Dr, Ottawa, ON K1V 2N6)

Event Schedule:

- 7:15 a.m. Doors open for Captains and Guests check-in
- 7:30 a.m. Connect with our scientists in our interactive research showcase
- 8:00 a.m. Live program hosted by Ian Mendes
Family style breakfast
- 9:00 a.m. Post-event networking, revisit the exhibits you missed!

On this special morning hundreds of people from across the region will gather together to support The Royal's efforts to **improve access to mental health care through new, novel treatments and discoveries**. We will hear and learn from mental health experts, patients and families about the life-changing differences The Royal is making for people struggling with their mental health.

Your attendance at this special event will demonstrate your commitment and leadership to improving mental health. I would be honoured to have you as a guest at my table and consider making a meaningful donation to The Royal.

Thank you for considering my invitation to be a Leader for Mental Health.

Are you with me? If so, here is how to register and join my table (or donate!):

1. Visit leadersformentalhealth.com
2. In the navigation menu, click **Register** or **Donate**
3. **Search** for and select my table
4. Select **Donate** or **Join**, and follow the prompts. It only takes a minute!