

TBRHSC YOUTH INJURY PREVENTION PROGRAM

Dec 8/21 | 13:00-13:45 p.m. Program



KEYNOTE SPEAKER:

Dr. Jessica Carfagnini ND
Thunder Bay Naturopathic Clinic

“How can a Naturopathic Doctor help you improve your mental health?”

- What is a Naturopathic Doctor?
- Creating balance ...
- When you're literally running on empty....
- Plant medicine to the rescue!



Thunder Bay Regional
Health Sciences
Centre
Trauma Program

Upcoming events via WebEx:

November 17, 2021	13:00-13:45
December 8, 2021	13:00-13:45
February 9, 2022	13:00-13:45
March 9, 2022	13:00-13:45
April 6, 2022	13:00-13:45
May 4, 2022	13:00-13:45

****Tech check at 12:45-13:00**

To register for events please email kajorins@tbh.net or benvenuj@tbh.net

“ Alone we can do so little, together we can do so much ~ Helen Keller ”