## **COMMUNITY** theifp.ca

## Equilibrium - Georgetown hosting sixth annual meeting with local speaker

On Wednesday, Jan. 25, coincidentally the same day as Bell s annual Let s Talk campaign, Equilibrium Georgetown, a peer support group for those affected by depression and bipolar disorder, as well as their family and friends, will celebrate their sixth year of meetings.

The group, run entirely by a core team of volunteers with experience, focuses on both education and sharing. Each meeting includes a related presentation, followed by facilitator-led group discussions with others on a similar mental wellness journey.

This month, the group welcomes back Betty-Lou Kristy, a resident of Georgetown and a well-known and respected provincial advocate, speaker, committee member and peer support facilitator/ trainer for Mental Health, Addictions, Trauma and Bereavement reform.

Kristy's presentation is entitled Peer Here we grow again; the changing local, regional and provincial landscape and where we fit in.

A survivor of mental illness, drug and alcohol addiction, as well as childhood trauma and multiple significant losses,

Kristy is active with Ministry of Health, Centre for Addiction & Mental Health (CAMH), Mississauga Halton LHIN, Region of Halton and multiple community agencies engaged in multi-level approaches such as public speaking, advocacy, peer support, systems enhancement, policy, governance and teaching.

Kristy also speaks about her son, Peter Kristy Beattie, who experienced concurrent mental health and addiction disorders and whose life was lost to an accidental opioid overdose.

Currently, Kristy is working with Support and Housing Halton and T.E.A.C.H. (teach, empower, advocate for community health).

Meetings take place the fourth Wednesday of each month (except July, Aug. and Dec.) at Norval United Church 486 Guelph St., Norval. Meetings are free of charge and require no registration. Doors open at 7 p.m. with presentation commencing at 7:30 p.m.

For more information go to equilibrium-oakville.com/georgetown/ or call CMHA Canadian Mental Health Assoc Halton 1-877-693-4270.



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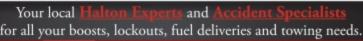


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