Join us for an update on mental wellbeing with two great topics and speakers.

**The Medicalization of Unhappiness**

This presentation by Peter Gove, Innovation Leader, Health Management at Green Shield Canada examines the history of mental illness in Canada, how it has been treated, and/or gone untreated, as well as the consequences of the practices that have prevailed. He will also review how much the landscape has changed over the last few decades. Mr. Gove will zero in on the changing medical and social landscape that has led to the proliferation of mental health diagnoses and the widespread prescribing of anti-depressants. He will touch on whether normal, expected bouts of sadness become “medicalized” and are we in turn medicating large portions of the population across the varying age bands. Are there other strategies for care that would better help these patients? Where do therapy and wellness professionals fit in? What are the options available and what are the statistics that support these options?

**Financial Issues and the Impact on Mental Health**

Recent research from Manulife shows finances are intricately woven into people’s lives and problems. The study asked professional personal counsellors their opinion about the impact finances have on their clients’ wellbeing. Overcoming financial challenges goes beyond balancing a cheque book and reviewing a budget; it’s also about dealing with the feeling of being financially unwell and the direct impact on one’s mental health. This session highlights ways employers can help their employees bring their best to work. With large numbers of boomers transitioning into retirement, and the rise of the gig economy, the North American workforce has seen unprecedented change in recent years. For many people, the traditional view of retirement as a full-stop transition from work to leisure has changed along the way.

**DATE:** Thursday, March 1, 2018

**TIME:** 8:00 – 8:30 am – Registration & Breakfast

8:30 – 11:00 am – Program

**LOCATION:** Deer Ridge Golf Club

200 Deer Ridge Drive
Kitchener, Ontario
Directions

**COST:** $50 – SWO or Toronto Chapter Members

$75 – Non-member/Guest

$300 – Table of Six

**REGISTRATION:** Please [click here](#) for more information and registration

**RSVP:** By Thursday, February 22, 2018

**QUESTIONS:** Trudy Parker, (800) 667-8164 x 601014

[trudy.parker@cooperators.ca](mailto:trudy.parker@cooperators.ca)

**REGISTER NOW**

Education sessions at this program will qualify for three (3) CEBS continuing professional education (CPE) credits. Visit [www.cebscpe.org](http://www.cebscpe.org) for more information.