[REGISTER NOW]

In the Know:

A mental health awareness program for farmers and the agricultural community

In the Know is a four-hour mental health literacy workshop created specifically to educate the agricultural community. Designed to fit with farmers/producers' schedules, it distills critical information and incorporates the agricultural community culture.

In the Know is meant for farmers, producers and persons with whom they have regular contact, including family members, peers and allies in the agricultural industry such as veterinarians, breeders, seed or feed salespeople, financial institutions, accountants or other community members. The course provides education on topics such as stress, depression, anxiety, substance misuse and how to start a conversation around mental well-being.

DATE AND TIME: **Thursday, September 2, 2021 10:00am to 2:00 pm**

LOCATION: Online and in-person (CHMA Thunder Bay - 2nd Floor, 200 Van Norman St., Thunder Bay)

TO REGISTER: Contact CMHA Thunder Bay at 807-345-5564 to confirm your free seat.

OFA Ontario Federation of Agriculture

University of Guelph Improve Life.

IN the KNOW

Canadian Mental Health Association Thunder Bay *Mental health for all*

To learn more about ***In the Know***, visit **ontario.cmha.ca/intheknow**.

In the Know was developed at the Ontario Veterinary College, University of Guelph and is offered through CMHA branches in Ontario with support from the Ontario Federation of Agriculture.