



IN COLLABORATION WITH



# CELEBRATES WORLD MENTAL HEALTH DAY



**ART FOR AWARENESS !!!**  
**Understanding Mental Health  
Through Films.**

**3 Powerful short films  
created by MEHAR**

**“The Healing Journey”**  
**“In The Highs And Lows - I Am Still Me”**  
**“A short film on Anxiety Disorder”**

**A special presentation  
by Isha Vinod Chopra**  
(author of "Finding Order in Disorder," an  
empowering book on living with Bipolar  
Disorder, a Kathak dancer, and  
a survivor of domestic abuse)

**THURSDAY,  
OCTOBER 10, 2024  
AT 6 P.M. TO 8 P.M.  
CINEPLEX CINEMAS  
FAIRVIEW MALL  
1800 SHEPPARD AVE. E, UNIT Y007  
NORTH YORK ON M2J 5A7**

**NO COST ADMISSION**

DONATIONS ARE ACCEPTED IN CASH OR E-TRANSFER TO  
MEHARCANADAINFO@GMAIL.COM OR CHEQUES FOR MEHAR

**RSVP With MEHAR via Text or Email**

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**info@meharcanada.com**

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