

# From Service to Self:

## *A Mental Wellness Guide*

### About the Event

Led by Rae Beaumont, this session empowers veterans and their families with tools to navigate emotional challenges.

Topics include:

- The mental health continuum
- Suicide risk awareness
- Healing from trauma

*Facilitated by:*



**RAE  
BEAUMONT**

## Register Now – It's Free and Online!



**11 DEC 2024**  
AT 6:30 PM



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Perseverance Counselling



@raeregisteredcounsellor

// Facilitator



# Rae Beaumont

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Rae became passionate about providing mental health support during her husband's 25-year career with the Canadian Armed Forces. She volunteered to be a crisis responder with the Canadian Mental Health Association and with Talk Suicide Canada. She holds a Crisis Specialist Certification with the American Association of Suicidology. She completed a Master's of Counselling Psychology program, graduating with distinction in 2023, and she is a registered counsellor. Rae has 25 years of experience working with people from diverse populations and currently has a private practice and provides counselling in a non-profit organization. Rae utilizes a non-pathologizing approach with her clients.



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