From Service to Self: A Mental Wellness Guide

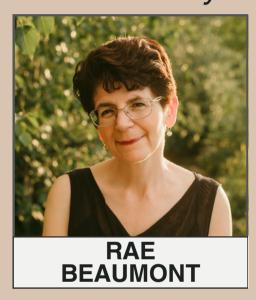
About the Event

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:



Register Now – It's Free and Online!



11 DEC 2024 AT 6:30 PM









@raeregisteredcounsellor

//Facilitator





Register Now

Rae Beaumont

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 nonprofit organization. Rae utilizes a nonpathologizing approach with her clients.





