



Ontario Shores
Centre for Mental Health Sciences

Ontario Shores Family Council Presents:

Caregiver Event

Mental Health and Metabolic Syndrome

Presenters:

Claire Hibbert, Registered Dietitian

Claire Hibbert is a Registered Dietitian and Certified Diabetes Educator who works for a variety of inpatient and outpatient services at Ontario Shores Centre for Mental Health Sciences. As part of the Metabolic and Weight Management Clinic, Claire provides nutrition education and behaviour change counselling to clients wishing to change their lifestyle and improve their health. Her other areas of experience and interest include bariatric nutrition, geriatrics, and research.

Dr. Krystle Martin, Psychologist

Dr. Krystle Martin is a Clinical and Forensic Psychologist registered with the College of Psychologists of Ontario. Dr. Martin works at Ontario Shores Centre for Mental Health Sciences as a Research Scientist. She is also an adjunct faculty member at the University of Ontario Institute of Technology. She supports the Metabolic Clinic by providing psychological factors that impact health behaviours. She also maintains a private practice where she focuses her treatment efforts on individuals with histories of self-harm, suicidal behaviour, and emotional dysregulation.

Saturday, October 21, 2017

9:00am to 12:00pm

Registration Starts at 9:00am

Lecture Theatre

(Building 5, Level 2)

*Ontario Shores Centre for
Mental Health Sciences*

700 Gordon Street

Whitby, ON L1N5S9

FREE EVENT!

Please register no later than Friday, October 20th:

<https://www.eventbrite.ca/e/caregiver-event-mental-health-and-metabolic-syndrome-registration-38597067869>

For more information, please contact the
Family Resource Centre:

Phone: 905.430.4055 Ext. 6970

Email: familyresourcecentre@ontarioshores.ca