

Mental illness to be explored at Lifetree Café

The mysteries and meaning of mental illness will be explored at the next local session of Lifetree Café Jan. 15.

The program, entitled *Mysteries of Mental Illness: One Woman's Struggle to Regain Her Life*, will feature a film of Karen McCracken. McCracken, author of *Breaking Free From OCD*, describes her life as she experienced mental illness and what proved helpful in her struggle to manage it.

"In the reality shows, they show only the negative," she said of OCD. "They don't show it's something you can manage and heal from, that doesn't have to stop your life."

The session will run from 7 to 8 p.m., and admission is free. Snacks and beverages will be available.

Lifetree Café is at St. James' Anglican Church, 6025 Old Church Rd., Caledon East

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting. Questions about Lifetree may be directed to Mark Tiller at 905-584-8506 or mark.lifetree@gmail.com