

## Stigma of mental illness to be discussed at Lifetree

Lifetree Café in Caledon East will be taking a break in August.

The last session before that will be this coming Wednesday (July 31) and will deal with mental illness and society's response to those who suffer from it.

Entitled Mental Illness: Breaking the Silence, Overcoming the Shame, the program will explore the isolation often experienced by those with mental illness, and by their loved ones. It will feature a filmed interview with Amy Simpson, author of the book Troubled Minds. She grew up with a mother who was later diagnosed with schizophrenia.

"My family needed help, and we didn't know where to get it. My whole family felt alone," observed Simpson, who equates mental illness with other physical illnesses. "I should no more be ashamed of mental illness than I should be ashamed of a broken leg or asthma."

The program will run from 7 until 8 p.m. Admission is free. Snacks and beverages will be available.

Lifetree Café is at 6025 Old Church Rd. in Caledon East, in the café space in St. James' Church.

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 Bruce Neville at 416-579-9977 or Desiree Neville at 416-579-6748.