

# Fall Mental Health Workshops

## Navigating Mental Health Care & Primary Care Networks

*By the Patient Attachment Initiative & Allied Health Services in Burnaby*



Free  
Entry!

### #1 - Oct 21

- Introduction to mental health and self-care
- Patient attachment initiatives
- Allied health services in Burnaby

### #2 - Nov 4

- Recommendations for a healthy lifestyle
- SMART goal setting for self-care

### #3 - Nov 18

- Mental health community connectors
- Burnaby mental health crisis

### #4 - Dec 2

- Resource navigation in Burnaby
- Provincial patient attachment waitlist
- Burnaby resource directory



Mondays

5:30PM - 6:00PM



**BNH Community Hall**

5024 Rumble St, Burnaby

Masoud is Patient Attachment Coordinator and Community Program Coordinator with the Burnaby Primary Care Network. He is an internationally trained Medical Graduate with over 15 years of experience in primary healthcare. Before coming to Canada, Masoud led Blood Safety Services for Afghanistan and consulted for the Canadian Embassy in Kabul.

### SPEAKER



Ahmad Masoud Rahmani

**For event info: 604-562-3447 / [lukasp@burnabynh.ca](mailto:lukasp@burnabynh.ca)**



**BURNABY**  
**Primary Care**  
**Networks**



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**Division of Family Practice**  
An FPSC initiative

