



TALK ASK LISTEN: LUNCH & LEARN


A mental health workshop designed for
agricultural, rural communities and businesses

Created by The Do More Agriculture Foundation

Join us for a free, one hour Talk Ask Listen workshop!
Our flagship mental health literacy session helps participants
increase mental health knowledge, gain confidence in mental
health conversations, and learn how to take meaningful action.

 **February 25, 2026**

 **11:30 - 1:30 PM CST**

 **Canalta Hotel Meeting Room
975 1 St W, Shaunavon**

Cost: Free • Lunch Provided

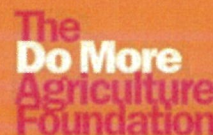
Sponsored by the Shaunavon Economic Development
Committee and Me Time Shaunavon Partners

Please register by
Wednesday, February 18



Scan the
QR Code
to Register

or Phone
306-297-3882



Sponsored by:

