

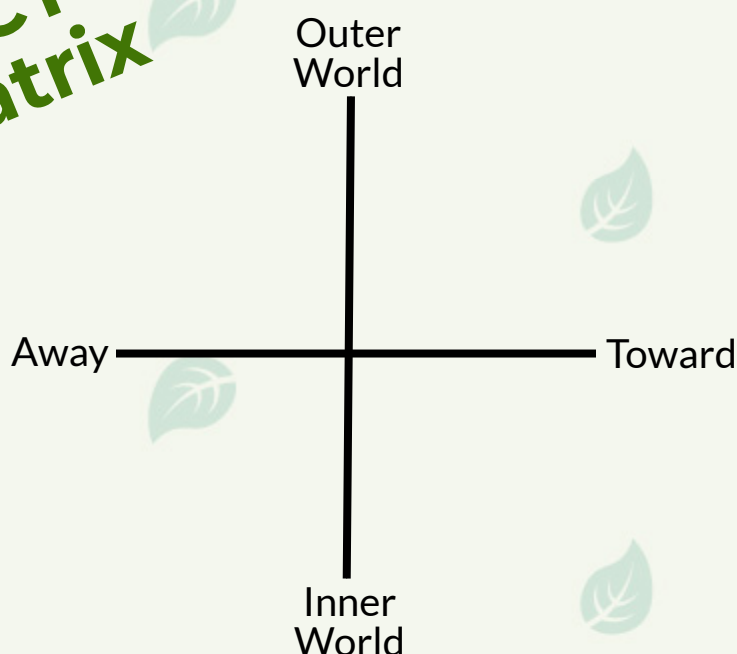


# ACT Matrix and Covid-19

Presented by Karen Robert and Myriam Chebat

Join our mental health team to discuss what it means to do what matters in the midst of a global pandemic

**ACT  
Matrix**



*'A simple yet elegant way to understand and experience the complex phenomenon of being human.'* - Kevin Polk

**April 9 @ 10am  
English session  
REGISTER**



**April 9 @ 1pm  
French session  
REGISTER**

