



NEW! Hope, Heartbreak, and Triumph with Mental Illness with Trish Robichaud, Work Life Inclusion Coach at Changing Paces

NEW! Hope, Heartbreak, and Triumph with Mental Illness
With Trish Robichaud, Work Life Inclusion Coach at [Changing Paces](#)
Thursday, January 21 at 11:00 a.m. Pacific (2:00 p.m. Eastern)

Are you among the 20 percent of our population who lives with mental illness? Or does **mental illness affect someone close to you**? Whatever your situation, you will want to join us in this session. Attend to hear **Trish share her story of hope**, heartbreak, and ultimate triumph underpinned by the fundamentals of living well with mental illness. Having multiple sclerosis, major heart disease, and bipolar disorder herself, Trish brings a **purely authentic and well-researched perspective** to her teachings. Expect to learn about common types of mental health conditions and their symptoms, as well as **coping strategies** and the bright side of life with each. Hear how one woman has found a way to live beyond her mental illness, despite the rollercoaster that is life. Don't miss out. Register now!



[Guest Speaker](#)