



MANAGING YOUR MENTAL HEALTH DURING CHALLENGING TIMES

with Corey Hirsch

Let's be real; the last six weeks have been challenging. We have all struggled to adapt our lives to what feels like a new normal. It has been stressful.

Former NHL Goaltender and Mental Health Advocate, [Corey Hirsch](#) will deliver a talk for Talent Bureau clients, partners and friends to discuss tips and tricks to help you not only cope, but thrive, during these challenging times.

After his talk, he'll be joined by [Jesse Hayman](#), VP of Jack.Org who will moderate a discussion to continue the conversation. Take a few minutes out of your day and let these experts help, and teach you how to find help if you need it.

Join our team for a Mental Health discussion with Corey Hirsch and Jesse Hayman.

Thursday, April 16th, 2020 | 1:00 PM EST 10:00 AM PST

[FREE REGISTRATION](#)

MEET OUR GUESTS

COREY HIRSCH

Corey Hirsch is a Stanley Cup and Olympic champion. His career was

JESSE HAYMAN

Before joining the Jack.Org team, Jesse led the November

plagued by panic attacks and obsessive thoughts. A team trainer he had confided in guided him to seek help. Corey illustrates the gravity of early diagnosis and treatment of mental health. An advocate for open dialogue, he discusses ways to communicate mental illness to friends and family.

development team with a focus on thought leadership surrounding men's mental health & suicide prevention. He recognized the lack of resources available to help people in their mental health journeys. Jesse's frustration has turned into action and a desire to make change across Canada.

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