

## Girlfriend's Guide to Mental Health:



### CONFERENCE SPEAKERS

#### Attiya Khan

Canadian Filmmaker and  
Survivor of Intimate Partner Violence

#### Dr. Donna Stewart

University Professor  
UHN Centre for Mental Health  
University of Toronto

### DATE

Thursday, November 5, 2015  
7 - 9 PM, *registration starts at 6:30*

### LOCATION

The Ottawa Conference and Event Centre  
200 Coventry Road, Ottawa

### FEE

\$40 for all attendees  
*Coffee and dessert will be served*

### TARGET AUDIENCE

All welcome!

### REGISTRATION LINK

[www.regonline.com/GirlfriendsGuide2015](http://www.regonline.com/GirlfriendsGuide2015)

### FOR MORE INFORMATION

Amy Quinn at [amy.quinn@theroyal.ca](mailto:amy.quinn@theroyal.ca) or  
by phone at 613.722.6521 x 6570

[www.theroyal.ca/womeninmind](http://www.theroyal.ca/womeninmind)

How can you help a woman who has been abused by someone she loves? What would you ask a man who has abused a woman? What if that woman was you?

Attiya Khan is a survivor of intimate partner violence who went on to become an advocate and counselor for abused women and children. She is also a filmmaker working on her first film, a documentary called *A Better Man*, in which she sits down with her abuser and asks him about what he did to her. Please visit: [www.abettermanfilm.com](http://www.abettermanfilm.com).

From the ages of 16 to 18 years old, Attiya was physically abused daily by her boyfriend; and since then, she has been living with the effects of that trauma. Attiya will share how her experience of violence impacted her mental health – bringing on anxiety, panic attacks and insomnia - and how she moved from coping with it to dealing with it. She will also share what it was like to bump into the man who had abused her so many years later and what compelled her to want to explore his perspective on the abuse.

Joining Attiya will be Dr Donna Stewart, an expert on intimate partner violence. Dr Stewart will provide insight on violence in intimate relationships helping us to look beyond the physical to understand the mental and social impacts that experiences of violence can have on women. She will give us some tips on how to recognize when someone is at risk or being abused and how to help them find help to heal.

We hope you will join us for this empowering evening of insight and discussion on the mental health impacts of violence in relationships - a topic that is both deeply personal and of critical social importance for all women.