



A Dinner of Delicious Moments

**Saturday
May 4th**

Boehmer
93 Ossington Ave
Toronto, Canada
M6J 2Z2
www.boehmer.com



A Dinner of
Delicious Moments
6:30pm~

By Invitation ONLY

If you have any dietary restrictions, please email us [by May 2nd](mailto:by_May_2nd@imhtoronto.com) to Info@imhtoronto.com

CCCC

provides training and consultations on cultural competence in healthcare at individual, organizational, and systemic levels. For more information, please email: ccc.canada@gmail.com

IMHT

provides assessment, treatment and education on integrative mental health & wellbeing. info@imhtoronto.com

This an opportunity for you to explore the unique concept of *Delicious Moments* in an experiential manner!

The concept of *Delicious Moments* is derived from healing practices in traditional cultures and can be integrated into psychotherapy and counselling. Ted Lo, a psychiatrist, and Mami Ishii, a naturopathic doctor from Toronto, have developed and presented this concept at various local and international conferences. To facilitate your experience of *Delicious Moments*, a dinner has been created by two incredibly talented chefs in Toronto, Paul Boehmer and Daisuke Izutsu, planned and facilitated by Ted & Mami of Integrative Mental Health Centre of Toronto (IMHT), and sponsored by the Clinical Cultural Competence Consultants (CCCC) & IMHT.

We all have intimate relationships with food, which nourish and support us not just physically, but also mentally, spiritually, and socially. We will explore these relationships through this dinner of *Delicious Moments*.

Please join us to celebrate *Delicious Moments* together!



**Clinical
Cultural Competence
Consultants**



**INTEGRATIVE
MENTAL HEALTH CENTRE
of TORONTO**