



SCAN HERE

Mental Health Week 2023

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**MONDAY
MAY 1ST**

**TUESDAY
MAY 2ND**

**WEDNESDAY
MAY 3RD**

**THURSDAY
MAY 4TH**

**FRIDAY
MAY 5TH**

Thank you to our
Community Partners!



GEDSB
5 WAYS TO WELLBEING
CMHA "OPEN DOORS FOR
MENTAL HEALTH"
HALDIMAND NORFOLK

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FOR MENTAL HEALTH"
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HALDIMAND NORFOLK

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**BRANT COUNTY
HEALTH UNIT**



BHNCDSB
FAITH AND WELLNESS
10:00 - 11:30
PRIMA CARE COMMUNITY
FHT "ANXIETY IN OLDER
ADULTS"

10:00 - 11:30
GRCHC
"NALOXONE TRAINING"

1:00
ST LEONARDS ART N WALK POP UP
@TH&B BRIDGE
1:30 - 3:00
ST. LEONARDS
"OASIS ADDICTIONS SUPPORT GROUP"
44 KING STREET

10:00 - 12:00
PARKERS PROJECT
"PARENT'S DAY OUT"
@ WOODVIEW'S
DUNSDON UNIT



**BRANT COUNTY
HEALTH UNIT**



3:00 - 4:00
GRCHC
SNACKS & BOARD
GAMES

1:00 - 2:00
MARGOT'S PLACE
"MOM 2 MOM GROUP"
(29YRS OR YOUNGER)
1:00 - 2:30
MOM'S WELLNESS WALK

6:30 - 8:00
ST. LEONARDS
S.M.A.R.T. FAMILIES
SUPPORT GROUP
225 FAIRVIEW STREET

2:00 - 4:00
WILLOWBRIDGE @ TB
COSTAIN
2:00 - 3:00 - LINE DANCING
3:00 - 3:30 - SPEAKER
3:30 - 4:00 MINDFULNESS

1:30 - 4:00
ST. LEONARDS
"CLOSING CEREMONIES" @
MOHAWK PARK
PAVILLION

5:00 - 7:00
WOODVIEW KICK OFF
EVENT @ DOUG
SNOOKS EAGLE PLACE
COMMUNITY CENTRE

3:30 - 4:30
PRIMA CARE
COMMUNITY FHT
"MIND MASTERS
(4-11YRS)"

6:30 - 8:00
WOODVIEW & BRANT
ENGAGEMENT'S
"SELF CARE
WORKSHOP (16+)

3:30 - 4:30
PRIMA CARE
COMMUNITY FHT
"MIND MASTERS"
(12+YRS)

2:30 - 3:00
ST. LEONARDS
"HOPEFUL JOURNEY'S PEER
SUPPORT GROUP FOR
ADDICTIONS AND MENTAL
HEALTH"

STRIVE AWARDS
@ WOODVIEW KICK
OFF EVENT

5:00 - 7:00 BCHU
"PAINT WITH JADE" @
WOODVIEW IN THE
SQUARE
(12-18YRS)

6:00 - 7:00
PRIMA CARE
COMMUNITY FHT
"TOOLS FOR MENTAL
RESILIENCE"

5:00 - 7:00
SIX NTIONS CHILDREN'S
MENTAL HEALTH FAIR
15 SUNRISE COURT
5:00 - 7:00
ST. LEONARDS
"ARTISTIC EXPRESSIONS" (16+)

6:00 - 7:00
PRIMA CARE
COMMUNITY FHT
"PARENT DROP IN"

#MyStory



@BHN MentalHealthWeek | Thank You to our title sponsor!



Wealth Management
Dominion Securities