

May 6th-12th is the [Canadian Mental Health Association](#) **Mental Health Week**. “Mental health is a state of well-being, and we all have it. We might have a mental illness, and we might not. Either way, we can all feel well. We can all have good mental health. It is about having a sense of purpose, strong relationships, feeling connected to our communities, knowing who we are, coping with stress and enjoying life. And it’s never too early or too late to get there. But it’s not just about what you do for yourself, by yourself – everyone needs healthy and supportive places to work, live and learn”. *CMHA*

To promote the importance of Mental Health Week, BCHS will be hosting the following:

1. Homewood Health will be on-site on **Thursday May 9th** to provide information, answer questions, and provide resources to staff. In addition, a table with information on Homewood Health services will be set-up in the Cafeteria throughout the week. Remember, if you would like more information, or require assistance, all staff have free access to [Homewood Health](#) online (Employee and Family Assistance Program). All you have to do is create your free account.
2. A representative from Modo Yoga will be on-site on **Friday, May 10th** for a session on ***Mindfulness Meditation and Mental Health***. The session will be at 1200-1300, located in the Chapel. Please email Wellness@bchsys.org to sign-up! See the attached for more information.
3. In partnership with Homewood Health, we will be hosting a lunch and learn on **Thursday May 30th**. The topic is ***“Managing your Time and Energy”***. Is it possible to manage time at work to be both satisfied and successful? This session will explore answers to this question. Please email Wellness@bchsys.org to sign-up! A light lunch will be provided. The session will take place in Mohawk Classroom 1 from 1200-1300.

#GetLoud about what mental health really is this #MentalHealthWeek!

