

Thank you to the 2017  
Mental Health Week Planning  
Committee Participating Agencies!



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Brants Mental Health Awareness Week



# Mental Health Week, May 1-6, 2017

## Put Your Hats On for Mental Health!

### Celebrating Canadian Minds One Hat at a Time



Wear your hat and come participate in the Hats On Challenge on May 5th, Alexandra Park at 12 noon

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5	Saturday, May 6
<p>PrimaCare Community Family Health Team is hosting "Hats ON for Mental Health Awareness" Lunch Festival at the Paris Willett Hospital Parking Lot 238 Grand River N. 11:30 a.m. - 2:30 p.m.</p> <ul style="list-style-type: none"> <li>Alice's Restaurant Food Truck</li> <li>Goods by local artisans</li> <li>Colouring for kids</li> <li>Raffles</li> </ul>	<p>Introduction to Garden Therapy at Grand River Community Health Centre, 11:30 - 2:30 Colborne <i>Must pre-register</i> For more information, or to register contact Stacey Cook at 519-754-0777 ex 256</p>	<p>9-4 Mental Health Week Display at the Lynden Park Mall Information displays from the following community agencies:</p> <ul style="list-style-type: none"> <li>- De dwa da dehs nye&gt;&gt; Aboriginal Health Centre</li> <li>- CMHA BHN</li> <li>- Contact Brant</li> <li>- Family Counselling Centre</li> <li>- St. Leonard's</li> <li>- Woodview Mental Health &amp; Autism Services</li> </ul>	<p>Northland Gardens Resource Centre, 56 Memorial, Unit 11 Tea and Talk <i>chatting about self-care and stress management</i> from 9:30- 11:30 a.m.</p> <p>Stepping Stones, 50 Pontiac, Unit 36 Community BBQ and Let's Chalk About it 4:00 p.m. Call 519-753-8681, ext. 438 for more info.</p>	<p>The Journey Art Display 10 a.m. - 10:00 p.m. Starving Artists Café 42 Dalhousie Street</p> <p>Mental Health Week Closing Ceremonies 12- 3 at Alexandra Park, hosted by St. Leonard's and CMHA BHN</p> <p>BBQ, Agency Displays, Fun activities for kids</p> <p><b>Hat's ON Challenge</b> 12 noon Wear your hat for Mental Health! Wear your own, purchase one at all Mental Health Week participating agencies, or at the park.</p> <p>Let's try to set a record for most hats worn in support of mental health!</p>	<p>2nd Annual Hook, Line and Thinker Fishing Derby at the Mt. Pleasant Ponds 10:00 a.m. - 5:00 p.m. Registration: \$5.00 per person, \$10.00 per family</p> <p>Prizes Burgers, hot dogs and drinks available for purchase. Contact: Chad Quackenbush at 519-755-2273 or e-mail Hooklineandthinkerbrant@gmail.com</p>
<p>Kickoff for Mental Health Week at Sports Xcelerator Centre, 101 Wayne Gretzky Parkway 5-8 p.m.</p> <ul style="list-style-type: none"> <li>Speeches/ STRIVE Awards</li> <li>Lots of fun activities for kids!</li> <li>Balloon Prizes</li> <li>Refreshments</li> </ul>	<p>Stepping Stones, 50 Pontiac, Unit 36 Parent/Child Yoga 9:30 - 11:00 Call 519-753-8681, ext. 438 for more info</p>	<p>GRCHC, 363 Colborne Hair Chalking 1-3 First Aid Kits for MH 2-4</p>	<p>GRCHC, 363 Colborne Chalk the Walk 11-12 Making Music 12-1 Self Compassion Talk 1-3</p>	<p>The Journey Art Display 10 a.m. - 11:00 p.m. Starving Artists Café 42 Dalhousie Street</p>	<p>The Journey Art Display 10 a.m. - 10:00 p.m. Starving Artists Café 42 Dalhousie Street</p>
	<p>The Journey Art Show Gala Opening 3-5 p.m. Starving Artists Café 42 Dalhousie Street Refreshments Art Display 11 a.m. - 4 pm</p>	<p>New Beginnings, 359 Darling St, Unit 17 Drop in Mom's Group 9:30 - 11:30 Community BBQ 4:00 Call 519-753-8681, ext. 438 for more info.</p>	<p>Find Your Voice Coffee House 6-8, Freedom House, 1 Market St, Lower Level</p>	<p>Children's Mental Health Family Fun Fair 5-7 15 Sunrise Ct. Ohsweken</p>	

#### POSTER CONTEST - Winning designs will be displayed at various locations and on social media throughout Mental Health Week

The Mental Health Week Planning Committee is looking to you to design a poster for Mental Health Week. Guidelines: - open to all ages, must be relevant to mental health, include a #hashtag on your poster for social media, original artwork only! Send submissions to [brantfordmhaw@gmail.com](mailto:brantfordmhaw@gmail.com) or drop off to Woodview, or any other Mental Health Week Planning Committee participating agencies

Deadline for submissions: April 26, 2017 Prizes awarded for 1st, 2nd and 3rd place winners!

#### "Raising Responsible, Awesome Kids" with Gary Drenfeld, MSW, RSW

Thursday, April 27, 2017, Assumption College School, 257 Shellard Lane, Brantford

Appetizers/Refreshments: 6:00 p.m. • Presentation: 7:00 p.m.

This is a no-charge session. Space is limited. Registration by April 19th is mandatory. To register, visit [www.bhncdsb.ca](http://www.bhncdsb.ca) or call 519-756-6505, ext. 237