



mentalhealthweek.ca

#GETLOUD FOR MENTAL HEALTH

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BRANT MENTAL HEALTH WEEK COMMUNITY PARTNERS



7 MONDAY	8 TUESDAY	9 WEDNESDAY	10 THURSDAY	11 FRIDAY	12 SATURDAY
<p>Prima Care, Mental Health Week Lunch Festival 11 a.m. - 3 p.m. Parking Lot, Paris Willett Hospital 238 Grand River Street N., Paris Displays • Prizes • "Dirty South" Food Truck</p>	<p>Community Agency Display Lynden Park Mall, Lynden Road, - Come on out and learn about the mental health resources in your community 10 a.m. - 9 p.m.</p>	<p>Wellness Wednesday hosted by Brantford Native Housing 10 a.m. - 2 p.m. At Brantford Native Housing 318 Collborne Street (back door entrance) No registration required For more information, contact: Cynthia at 519-753-5408, ex. 224</p>	<p>Community Agency Displays - Wayne Gretzky Sports Centre 10 a.m. - 3 p.m. - Come on out and learn about community resources, while taking care of your health and wellness</p>	<p>Dragonfly Loop Walk- Join us as we take a "Mood Walk" along the Grand River. Meet at 11:00 a.m. At Brant's Crossing for a one hour walk before heading out to the Closing Ceremonies.</p>	<p>3rd Annual Hook Line and Thinker Fishing Derby 10 a.m. - 5 p.m. at the Mt. Pleasant Ponds Prizes, Food available for purchase For more details, e-mail hooklineandthinkerbrant@gmail.com</p>
<p>Mindfulness Monday: Muse Meditation Laurier Brantford Wellness Education Team For more information: jlockeydusling@wlu.ca</p>	<p>Thankful Tuesday: Gratitude Board Laurier Brantford, Wellness Education Team For more information: jlockeydusling@wlu.ca</p>	<p>Wellness Wednesday: Walking for Mental Health Laurier Brantford, Wellness Education Team For more information: jlockeydusling@wlu.ca</p>	<p>Thirsty Thursday: Smoothie Making Laurier Brantford Wellness Education Team, 103 Darling For more information: jlockeydusling@wlu.ca</p>	<p>Parker's Project presents a Community March to Get Loud for Mental Health 11:30 at: Harmony Square. Everyone welcome, Rain or shine For more information, contact Sabrina at sabrinacute36@gmail.com or visit the Parkers Project Facebook page</p>	<p>⇒ Some Event flyers are linked within this Calendar for more details</p> <p>⇒ Thank you to all participating agencies!</p> <p>⇒ Thank you to the City of Brantford</p> <p>⇒ Thanks to CUPE for their generous donation</p>
<p>Post Partum Workshop (for parents with babies 12 months and under) hosted by the Early On Brant Centre 2-4 p.m., 30 Bell Lane. Call 519-759-3833</p>	<p>Brant FACS Stepping Stones (50 Pontiac Street) 3:15 p.m. Join the 8-12 year old group in making stress balls and calming jars</p>	<p>Wellness Wednesday: Walking for Mental Health Laurier Brantford, Wellness Education Team For more information: jlockeydusling@wlu.ca</p>	<p>Drop In Mental Health Kit, Make and Take Hosted by the GRCHC, 2-4 p.m. Call Guillermo Rodriguez at 519-754-0777, ext. 259</p>	<p>Parker's Project presents a Community March to Get Loud for Mental Health 11:30 at: Harmony Square. Everyone welcome, Rain or shine For more information, contact Sabrina at sabrinacute36@gmail.com or visit the Parkers Project Facebook page</p>	
<p>Meet & Greet with Project Dragonfly Creator, Kimberlee Anna Taplay 10:30 a.m. - 12 noon, Brantford Tourism Centre, 399 Wayne Gretzky Parkway, Learn about Project Dragonfly</p>	<p>Drop In Zen Gardening hosted by the GRCHC 1-3 p.m. at the GRCHC, 363 Collborne St Call Gloria Ord at 519-754-0777, ex. 223 for info</p>	<p>Wellness Wednesday: Walking for Mental Health Laurier Brantford, Wellness Education Team For more information: jlockeydusling@wlu.ca</p>	<p>Brant FACS New Beginnings - Community BBQ and Chalking - Brant FACS Northland (56 Memorial) 3:30 p.m. - 4-8 year old group making stress balls and calming jars</p>	<p>Closing Ceremony BBQ hosted by St. Leonard's Community Services and the Canadian Mental Health Association, Brant Haldimand Norfolk Branch 12 noon - 4 p.m. Alexandra Park, Collborne & Dalhousie • Free Hotdogs, Hamburgers • Activities for Children • Agency Displays & More!</p>	<p>⇒ CUPE Canadian Union of Public Employees Local 181</p> <p></p> <p>⇒ Follow us on Facebook for event updates and lots of great information @BrantsMentalHealthAwarenessWeek</p>
<p>Brant FACS Teen Parenting Program, 14 Henry Street 4-6 p.m. Hair chalking and calming jars. Dinner provided - Hair chalking open to community from 10-12 a.m.</p>	<p>Beacons of Light Art Show Opening Gala hosted by the Family Counselling Centre of Brant and Starving Artists Cafe' 3-5 p.m. at: Starving Artist, 42 Dalhousie Appetizers and Refreshments served</p>	<p>Dragonfly Loop Walk - Join us as we take a "Mood Walk" along the Grand River. Meet at 11:30 a.m. At Brant's Crossing for a one hour walk.</p>	<p>Project Dragonfly Paint Nite 7-9 p.m. at the Best Western Hotel & Conference Centre. Optional Meet & Greet and dinner at Myra's Restaurant (at your own expense) from 5:30 - 7:30 p.m. For more details, e-mail projectdragonfly@rogers.com</p>	<p>Fun Friday: Art Therapy Laurier Brantford Wellness Education Team Laurier Student Centre, 103 Darling at 12 noon For more information: jlockeydusling@wlu.ca</p>	
<p>Brant FACS Northland 56 Memorial) Community BBQ and Chalking</p>	<p>Free Family Movie Night, Brantford Public Library, 173 Collborne Street Brant County Health Unit: HEROS Present Feature Movie "Inside Out" Doors open at 5:30 p.m. Movie starts at 6 p.m. Popcorn/ Refreshments Games and Prizes!</p>	<p>Brant FACS Stepping Stones (50 Pontiac) Mother's Day Luncheon, sign up by calling the centre at 519-751-3915</p>	<p>Six Nations Child and Family Services Family Fun Fair 5-7 p.m. • Activities for Children • Food Everyone welcome! 15 Sunrise Court, Ohsweken. For more info. call 519-445-0408</p>		
<p>Woodview Mental Health Week Kickoff 5-7 p.m. Boys & Girls Club, 2 Edge St. Brantford Music • Crafts • Light Refreshments • Displays • Presentation of the 2018 STRIVE Awards For more information, call 519-752-5308</p>		<p>Brant FACS New Beginnings (359 Darling) 3:15 p.m. Join the 8-12 year old group, making stressballs and calming jars</p>			

What activities are you planning for mental health week? Share your ideas and photos on the BrantsMentalHealthAwarenessWeek Facebook page!