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#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 am - 3 pm. 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 am - 9 pm.</p>	<p>Wellness Wednesday hosted by Brantford Native Housing 10 am - 2 pm. At Brantford Native Housing 318 Collborne Street (back door entrance) <i>No registration required</i> For more information, contact: Cynthia at 519-753-5408, ex. 224</p>	<p>Community Agency Displays - Wayne Gretzky Sports Centre 10- am- 3 pm. - 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 am. 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 am - 5 pm. at the Mt. Pleasant Ponds Prizes, Food available for purchase For more details, e-mail hooklineandthinkerbrant@gmail.com</p> <p>⇒ Thank you to all participating agencies! ⇒ Thank you to the City of Brantford ⇒ Thanks to CUPE for their generous donation</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>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>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>Closing Ceremony BBQ hosted by St. Leonard's Community Services and the Canadian Mental Health Association, Brant Haldimand Norfolk Branch</p>	
<p>Meet & Greet with Project Dragonfly Creator, KimberleeAnna 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 Colborne St Call Gloria Ord at 519-754-0777, ex. 223 for info</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>- BrantFACS New Beginnings Community BBQ and Chalking - BrantFACS Northland (56 Memorial) 3:30 p.m.- 4-8 year old group making stress balls and calming jars</p>	<p>12 noon - 4 p.m. Alexandra Park, Colborne & Dalhousie</p> <ul style="list-style-type: none"> • Free Hotdogs, Hamburgers • Activities for Children • Agency Displays & More! 	
<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. Brant FACS Northland 56 Memorial) Community BBQ and Chalking</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>Brant FACS Stepping Stones (50 Pontiac) Mother's Day Luncheon, sign up by calling the centre at 519-751-3915</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>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>Free Family Movie Night, Brantford Public Library, 173 Colborne 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 New Beginnings (359 Darling) 3:15 p.m. Join the 8-12 year old group, making stressballs and calming jars</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>Sexual Assault Centre of Brant is hosting Trauma Informed Yoga, which will discuss mindfulness 152 Dalhousie, 6:30 - 8:00 pm. Call 519-718-8288</p>				

What activities are you planning for mental health week? Share your ideas and photos on the [BrantsMentalHealthAwarenessWeek](https://www.facebook.com/BrantsMentalHealthAwarenessWeek) Facebook page!