



SCAN HERE

# Mental Health Week 2023

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#GETLOUDBHN @BHNMENTALHEALTHWEEK

**MONDAY  
MAY 1ST**

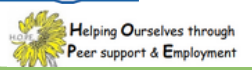
**TUESDAY  
MAY 2ND**

**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

CMHA "OPEN DOORS  
FOR MENTAL HEALTH"  
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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"

BHNCDSB  
ASSUMPTION COLLEGE  
MENTAL HEALTH AND  
WELLNESS COMMUNITY  
RESOURCE FAIR

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

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 CEROMONIES" @  
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