

Mental Health Week 2024



Scan Here



May 4

May 6

May 7

May 8

May 9

May 10

Thank you to our community partners



3:00-11:00pm
Mask It!
Talent & Fashion Show

Rosini Lodge
140 Grey St

<https://www.eventbrite.ca/e/mask-it-talent-fashion-show-2024-2-day-pass-tickets>

May 5

3:00-11:00pm
Mask It!
Talent & Fashion Show

Rosini Lodge
140 Grey St

<https://www.eventbrite.ca/e/mask-it-talent-fashion-show-2024-2-day-pass-tickets>

10:00am
Flag Raising
Harmony Square
89 Dalhousie St
Brantford

12:00pm
Flag Raising
Norfolk County
Administration Bldg
50 Colborne St. S
Simcoe

1:00-3:00pm
Community Information Fair
Royal Canadian
Legion Hall
200 West St.
Simcoe

5:00-7:00pm
Woodview Kick off
Doug Snooks
Eagle Place
Community Centre
333 Erie Ave

STRIVE awards
Presented at
Kick off Event!

Compassion Award
Presented by
PrimaCare Community Family Health Team
will be drawn during Mental Health Week.
Please go to our Facebook page for the application

11:30-12:30
Take 5 For Compassion:
You'll Flip Over it!
Workshop & Pancakes
Woodview
643 Park Road N
To register:
cferrell@woodview.ca

5:00-8:00pm
Talent Not Required Show
By Fortitude Youth Initiative
Woodview
643 Park Road N

Chalk it up!
All week
Show your support by drawing/writing positive messages and sharing your photos on our Facebook page
1:30-3:30pm
Town Hall Meeting
Brantford Police
Brantford Public Library
3rd floor
173 Colborne St.

5:30-7:30pm
The Wedge
An Interconnected System For Developing Personal Doctrine
Cowan Community Health Hub
25 Curtis Ave N, Paris
To register:
519-442-9834

6:00-7:30pm
Hopeful Journeys
SOAR Community Services
Virtual
register for link
519-754-0253

12:00-1:00pm
How to Support Someone in an Abusive Relationship
Nova Vita Blossom
Webinar via ZOOM
Mtg ID: 885 6475 6475
Password: 184865

1:30-3:00pm
O.A.S.I.S.
SOAR & CMHA
44 King St Suite 205
CMHA Building

6:00-7:30pm
Everyday Mindfulness
by PrimaCare Community Family Health Team
To sign up: 519-442-9834

4:00-8:00pm
Smash-It for Mental Health Fun Fair
ABEL Enterprises
447 Queensway W, Simcoe

5:00-7:00pm
Artistic Expressions
SOAR Community Services
225 Fairview Dr.
to register:
raven.wilkins@soarcs.ca

5:00-7:00pm
Six Nations Fair
Veterans Park,
1799 4th Line, Ohsweken

10:00-11:00am
Gentle Morning Movement and Stretching
Grand River Community Centre
363 Colborne St
To register:
oegiebor@grchc.ca or
519-754-0777 x 233

10:00am-1:00pm
Mental Health Week Closing Event
Community Information Fair
Lions Park Hall
640 Lock St. W
Dunnville

2:30-4:00pm
Hopeful Journeys
SOAR Community Services
in person
133 Elgin St.
age 16+

3:30-5:30pm
Closing Event
Hosted by SOAR and the Brant County Health Unit
Brantford Public Library
3rd floor
173 Colborne St.

Thank you to our community partners



#CompassionConnects



@BHN MentalHealthWeek