

# There's more to me.

CMHA Mental Health Week

May 5–11, 2025 ▶ [MentalHealthWeek.ca](https://MentalHealthWeek.ca)



## CMHA Course in Portage la Prairie

*CMHA Parkland – The Pas – Portage la Prairie*



## Grief & Loss

**What:** 8 week Course on Grief Recovery

**When:** Fridays, 10:30-12:00pm  
9th, 16th, 23rd & 30th May

**Where:** Portage la Prairie Regional Library  
40-B Royal Rd N, Portage la Prairie, MB

*This free in-person program will offer participants the opportunity to learn about and share with others the various aspects of bereavement, loss, and grief recovery.*

*Call 204-240-8513 for more information or email Brad at [brad@cmhacentral.ca](mailto:brad@cmhacentral.ca) to register for this course*

