

# There's more to me.

CMHA Mental Health Week

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



## CMHA Swan Valley Activities

- Monday to Friday: Check out the CMHA display with promotional literature and resources available at various locations in the community:
  - Monday and Tuesday – Swan Valley Regional Secondary School
  - Wednesday – Swan Valley Co-op Food Store
  - Thursday – Swan River Library
  - Friday – Elbert Chartrand Friendship Centre
- Thursday, May 8, 3:00 p.m: Free Workshop at the Swan River Library on reducing stigma around mental illness. Free coffee and donuts available.
- Watch our CMHA staff videos [posted each day](#) throughout the week! Staff will share what unmasking mental health means to them.
- Take a look at our poster campaign around the community.
- Follow us for our daily social media posts on our Facebook page: [www.facebook.com/CMHASwanRiver](https://www.facebook.com/CMHASwanRiver)