

CMHA THOMPSON'S MENTAL HEALTH

WEEK

May 5th - 9th, 2025



MONDAY 05



Tea & Bannock

CMHA, 43 Fox Bay
9:30AM -12:00PM



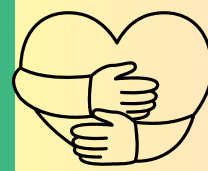
Behind the Mask

Virtual session on ZOOM: TAMI (Talking About Mental Illness) features People with Lived Experience who share their stories of hope, resilience & recovery.
Time: 11:00AM-12:00PM Will be showing in our Clubhouse
Register at: cmha-ham.eventbrite.ca

TUESDAY 06

Self-Care Day

Join CMHA in our Connections Clubhouse from 1:30-3:30PM on 43 Fox Bay for an afternoon



full of self-care activities, BINGO, healthy snacks and refreshments!



WEDNESDAY 07

Mental Health Scavenger Hunt

This scavenger hunt is open to the community.

Individuals will use riddles to go from organization to organization collecting prizes resources along the way. The scavenger hunt will begin at CMHA, 43 Fox Bay at 1:30PM. We hope to see you there!



THURSDAY 08

Mental Health Presentation

NHR staff will be facilitating a presentation on Mental Health from 10:30AM-11:30AM



Recovery College



CMHA staff will be hosting a presentation and discussion on stigma around Mental Health from 2:00PM-3:00PM

Both presentations are open to the community and will be held at 115 Churchill Drive

FRIDAY 09

Mental Health Week Wrap-Up BBQ

- Free BBQ at CMHA, 43 Fox Bay from 11:00AM-2:00PM
- Hotdogs, salads, chips and drinks with live entertainment from Brendan Rhodes
- Everything in our Charlie's Thrift Store will be FREE!



EVENTS SIGN UP

For inquiries regarding our Mental Health Week events, please contact:
Stephanie Hysert- Chair: Mental Health Week Committee

204-677-6051

educationtraining@cmhathompson.ca

Main office: 43 Fox Bay



Theme:

Unmasking Mental Health!