

North Bay and District Mental Health Week May 2 - 8, 2022

CALENDAR OF EVENTS

Kick-off Monday

Mental Health Week begins!

8:30- 10 a.m.
WAVE on the overpass

12 - 1 p.m.
CMHA National Event
Exploring Empathy: A Canadian
Conversation
Featuring Sophie Grégoire Trudeau,
Michael Landsberg, Kayla BreeLove
Carter with Emcee Nick Petrella

Register here:
<https://bit.ly/3xSdzsX>

Tuning-in Tuesday

11 - 12 p.m.
Self-Care Workshop
for Caregivers
Hosted by HANDS, presented by
JF Fitness
Join Zoom meeting:
<https://bit.ly/3rMRPL1>

12 - 1 p.m.
Mental Health in the
Time of COVID-19
Presented by CMHA North Bay
and District
Join Zoom meeting:
<https://bit.ly/3vglbCS>

5 - 6 p.m.
Self-Compassion
Fitness for Youth
Hosted by HANDS, presented by
JF Fitness
Join Zoom meeting:
<https://bit.ly/3MA3ANb>

No-Judgment Wednesday

10 - 11 a.m.
Self-Care Workshop
Presented by CMHA North Bay
and District
Join Zoom meeting:
<https://bit.ly/3ELsigV>

12 -1:30 p.m.
The Rules of Happiness
Presented by True Self
Join Zoom meeting:
<https://bit.ly/3rSHhdD>

Afternoon Coffee Hour:
Drop by CMHA North Bay and
District's drop-in centres in
North Bay, Powassan and
Mattawa for coffee and
donuts!

Seeing Thursday

10 a.m. - 2 p.m.
Wellness Open House
(123 Delaware Ave.)
Hosted by OUTLoud North Bay

4 p.m. - 7 p.m.
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(123 Delaware Ave.)
Hosted by OUTLoud North Bay

Understanding Friday

10 a.m. - 12 p.m.
Move for Mental Health Walk
(Marathon Beach gazebo)
Hosted by CMHA North Bay and District

12 - 2 p.m.
Community BBQ and Live Music
(Marathon Beach gazebo)
Hosted by Community Counselling
Centre of Nipissing

Saturday/ Sunday

Mental Health Week 2022 was brought to you by:

CMHA North Bay and District
Community Counselling
Centre of Nipissing

HANDS
the Family Help Network

North Bay Parry Sound
District Health Unit

North Bay Regional Health
Centre

OUTLoud North Bay
True Self

Visit

nbd.cmha.ca

[EVENTS PAGE](#)

for more details

All Week...

Visit nbd.cmha.ca for our **ON DEMAND** webinars and event details

BE SEEN IN GREEN! Wear green and show your support on social media using the hashtags #GET REAL

Stop by one of our community partners for a FREE Coffee and Cupcake voucher redeemable at Twiggs' Fraser St. location

Keep your eyes open for our Listening Chairs at each of our events throughout the week

Look for our Mental Health Week banner above Main Street