

CMHA Mental Health Week May 1 - 7, 2023 #MYSTORY

CALENDAR OF EVENTS

'Within our stories is the mental health care we all need'

Monday, May 1

MY STORY THROUGH THE LENS - PHOTOGRAPHY WORKSHOP | 9:30 - 11:30 A.M.

351 Ferguson St. (3rd Floor), North Bay **and** 150 Water St., Mattawa

This workshop will explore how art therapy can be beneficial to our mental health and will allow participants to express themselves through a photography scavenger hunt!

In-person or virtual: <https://bit.ly/3UEamqj>

Tuesday, May 2

FLAG RAISING | 10:30 A.M. COMMUNITY BBQ | 11:30 A.M. - 12:30 P.M.

North Bay City Hall, Leger Square

Join us as we officially proclaim and raise the flag for Mental Health Week 2023, followed by a FREE BBQ!

VOX COMMUNITY CHOIR | 6:45 P.M. (REGISTRATION) | 7 P.M. (START)

Gateway City Brewery (**NEW LOCATION**), 490 Gormanville Rd.

Learn the harmonies to the Cyndi Lauper classic "Time After Time" in 45 min - 1 hr with hosts Lindsay and Eric. \$10 per person, or pay what you can, if you can. No singing or choir experience required. Open to all ages!

Wednesday, May 3

EDUCATION DAY | 8:30 A.M. - 4 P.M. (REGISTRATION REQUIRED)

The Grande Event Centre, 192 Main St. East, North Bay

CMHA North Bay and District, North Bay Parry Sound District Health Unit and Community Counselling Centre of Nipissing host a FREE professional development day for people who work in social services.

Registration: [Education Day Tickets, Wed, 3 May 2023 at 8:30 AM | Eventbrite](#)

Thursday, May 4

HEALTHY JOURNALING | 11 A.M. - 12 P.M.

Hosted by the Métis Nation of Ontario, this virtual workshop will guide you on what healthy journaling is, why it can be healthy, how to start and various other techniques.

Zoom link: <https://bit.ly/3mCZg8r>

MATTAWA COMMUNITY BBQ | 11 A.M. - 1 P.M.

150 Water St., Mattawa (Mattawa Medical Building)

FREE Community BBQ

Friday, May 5

OPEN HOUSE | 9:30 - 11:30 A.M. (INVITATION ONLY)

CMHA North Bay and District, 147 McIntyre St. West, North Bay

Get to know us! Explore our new location and learn about our programs.