

BE KIND

CMHA Mental Health Week CALENDAR OF ACTIVITIES MAY 6 - 12, 2024

Be Kind: for families

SATURDAY, MAY 4

FAMILY FUN DAY WITH HANDS

12 - 2 p.m. – 391 Oak St. E.

Activities for your family to enjoy!

CMHA Mental Health Week is an annual campaign where community partners come together to offer events and activities that amplify mental health awareness. This year's theme **Be Kind** highlights the idea that **#CompassionConnects** us all and also marks the debut of an exciting new annual campaign led by CMHA North Bay and District, **The Kindness Project**.



The Kindness Project

Do good. Feel good.

ALL WEEK

A community initiative to encourage kindness, learn about the health benefits and create connection.

Find out more: kindnessnorth.ca

Be Kind: MHW kick-off

MONDAY, MAY 6

RAISING KINDNESS

10:30 a.m. – City Hall

Flag-raising and proclamation to kick off CMHA Mental Health Week (MHW).

KINDNESS IN A CUP(CAKE)

11 a.m. – City Hall

Citywide kindness blitz! Receive a kindness cupcake and pass along an act of kindness.

LIGHT UP FOR KINDNESS

7:30 p.m. – City Hall

MHW lighting ceremony and choir.

Be Kind: to ourselves

TUESDAY, MAY 7

ZUMBA GROOVE FOR SELF-CARE

10 a.m. – City Hall (rain or shine)

Roxanne Laforest of Zumba with Rox hosts an outdoor community Zumba session.

KINDNESS IS SHARING YOUR POPCORN!

2-3:30 p.m. – City Hall (main level)

“Pop” over to the Career Hub for tunes and a popcorn treat hosted by the District of Nipissing Social Services Administration Board.

Be Kind: to helpers

WEDNESDAY, MAY 8

CURATING KINDNESS EDUCATION DAY

8 a.m. - 3p.m. – 50 College Drive

North Bay Regional Health Centre (NBRHC) hosts a professional development day for people who work in the health and human services fields.

KINDNESS ZONE

9 a.m. - 2 p.m. – 50 College Drive

NBRHC and CMHA NBD welcome you to the Kindness Zone (located past Tim Hortons on the main level) for giveaways and lots of fun!

Be Kind: to animals

THURSDAY, MAY 9

KINDNESS CRITTERS

Various times and locations

Pet therapy visits to various CMHA NBD programs and service locations.

KINDNESS TO CRITTERS

Digital campaign (@CMHANBD)

CMHA NBD shares awareness, resources and tips around local animal welfare initiatives, mental health benefits of animal connections, and other ways you can be kind to animals.

Be Kind: to community

FRIDAY, MAY 10

BE KIND OPEN HOUSE

10:30 a.m. - 194 Main St. W.

Grand opening and ribbon-cutting ceremony for the new CMHA NBD Peer Connections and Support Services location followed by open house. Explore this new space while supporting the community and downtown area.

BE KIND BBQ

12 - 1:30 p.m. – 194 Main St. W.

Complimentary BBQ lunch with soft drinks and cake to share with community members.



Canadian Mental Health Association
North Bay and District

Association canadienne pour la santé mentale
North Bay et District

North Bay Regional Health Centre



Centre régional de santé de North Bay

Hands | Mains

TheFamilyHelpNetwork.ca
LeReseauaideauxfamilles.ca

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SOFTWARE • COMMUNICATIONS • DIGITAL

District of Nipissing Social Services Administration Board



Conseil d'administration des services sociaux du district de Nipissing



Equipe Santé Ontario Health Team
Ontario Bimaadziwin Niigaaniwiwaad

