

SCAN THE  
QR CODE TO  
GET INVOLVED!



# CMHA Mental Health Week

► May 5-11, 2025

There's  
**more** to me.

#UnmaskingMentalHealth



**SATURDAY**  
May 3

**12:00 - 2:00 PM**

FAMILY FUN DAY (ZUMBA + ACTIVITIES + MOVIE + PLANT A FLOWER)  
WITH HANDS [THEFAMILYHELPNETWORK.CA](http://THEFAMILYHELPNETWORK.CA)

📍 391 OAK ST. E

**MONDAY**  
May 5

**10:00 - 11:00 AM**

FLAG-RAISING AND MENTAL HEALTH WAVE  
WITH CMHA NBD

📍 CITY HALL (LEGER SQ.)

**MAKE A DIFFERENCE IN MAY**

LAUNCH WITH CHAT4CHAD

➡ SHOW YOUR SUPPORT +  
FOLLOW @CHAT4CHAD

LEARN  
MORE

**TUESDAY**  
May 6

**9:00 AM - 12:30 PM**

SAFETALK TRAINING  
WITH CMHA NBD

📍 147 MCINTYRE ST. W

REGISTER  
NOW

**10:00 - 11:00 AM**

PRIORITIZING MENTAL HEALTH WHERE WE  
WORK WITH YES EMPLOYMENT

📍 149 MAIN ST. E

REGISTER  
NOW

**4:30 - 6:30 PM**

WELLNESS FAIR  
WITH OUTLOUD

📍 123 DELAWARE AVE.

REGISTER  
NOW

**WEDNESDAY**  
May 7

**8:30 AM - 4:30 PM**

EDUCATION DAY FOR HEALTH & HUMAN SERVICES PROFESSIONALS & STUDENTS  
WITH CMHA NBD + NBRHC + NBPSDHU + COMMUNITY LIVING NORTH BAY + TRUE SELF

📍 DAVEDI CLUB, 313 AIRPORT RD.

REGISTER  
NOW

**THURSDAY**  
May 8

**11:00 AM - 2:00 PM**

MEDICINE WALK + TEACHINGS  
WITH THE FIRST PEOPLES' CENTRE

📍 CANADORE COLLEGE

**1:00 - 4:30 PM**

COMMUNITY MOBILE  
CLINIC WITH DNSSAB

📍 CITY HALL (LEGER SQ.)

**3:00 - 6:00 PM**

LEARN ABOUT MENTAL HEALTH + I/DD  
WITH COMMUNITY LIVING NORTH BAY

📍 741 WALLACE RD.

**FRIDAY**  
May 9

**9:00 - 11:00 AM**

DROP-IN TESTING DRIVE  
WITH ACNBA

📍 102-147 MCINTYRE ST. W

**12:00 - 1:30 PM**

COMMUNITY BBQ BASH  
WITH CMHA NBD + BEATS BY DJ ILL7

📍 REGIS SQ. (FRASER + MAIN W)

**12:00 - 1:30 PM**

MATTAWA BBQ  
WITH CMHA NBD

📍 150 WATER ST.

District of Nipissing  
Social Services  
Administration Board



Conseil d'administration  
des services sociaux  
du district de Nipissing

**BROUGHT TO YOU BY**

North Bay Regional  
Health Centre



Centre régional  
de santé de North Bay



Canadian Mental  
Health Association  
North Bay and District

Association canadienne  
pour la santé mentale  
North Bay et District



Équipe Santé Ontario Health Team  
Ontario Bimaadziwin Niigaanwiwaad



Hands  
TheFamilyHelpNetwork.ca



Mains  
LeRéseaudaideauxfamilles.ca



Comité du SIDA de North Bay et de la région  
des services VIH-hépatite C  
**ACNBA**  
AIDS Committee of North Bay & Area  
HIV Hep C Services



**100**  
NORTH BAY  
1925-2025



**CHAT 4 CHAD**  
EARLY. OFTEN. NOW.



HONESTY  
**OUTLOUD**  
NORTH BAY  
COMMISSION



**True Self**  
DERWINDZWIN



North Bay Parry Sound District  
**Health Unit**



**yes  
oui**  
employment services d'emploi



**COMMUNITY LIVING**  
North Bay  
**INTÉGRATION COMMUNAUTAIRE**  
North Bay