

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
📍 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



TUESDAY
May 6

9:00 AM - 12:30 PM
SAFETALK TRAINING
WITH CMHA NBD
📍 147 MCINTYRE ST. W



10:00 - 11:00 AM
PRIORITIZING MENTAL HEALTH WHERE WE WORK WITH YES EMPLOYMENT
📍 149 MAIN ST. E



4:30 - 6:30 PM
WELLNESS FAIR WITH OUTLOUD
📍 123 DELAWARE AVE.

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.



THURSDAY
May 8

11:00 AM - 2:00 PM
MEDICINES 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.

BROUGHT TO YOU BY

District of Nipissing Social Services Administration Board
Conseil d'administration des services sociaux du district de Nipissing

North Bay Regional Health Centre
Centre régional de santé de North Bay

Equipe Santé Ontario Health Team
Ontario Bimaadziwin Niigaanwiwaad

COMMUNITY LIVING North Bay
INTÉGRATION COMMUNAUTAIRE North Bay

Canadian Mental Health Association North Bay and District
Association canadienne pour la santé mentale North Bay et District

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

CHAT 4 CHAD
EARLY. OFTEN. NOW.

True Self
DISEMBROIDZIN

yes oui
employment services d'emploi

CANADORE
FIRST PEOPLES' CENTRE

NORTH BAY
ONTARIO, CANADA

OUTLOUD
NORTH BAY
NOISSYANDU

Hands
TheFamilyHelpNetwork.ca

Mains
LeReSeudaideauxfamilles.ca

COMMUNITY LIVING North Bay
INTÉGRATION COMMUNAUTAIRE North Bay

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