



Mental Health Week – May 7th to 13th

Kirkland Lake Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Connect	Take Notice	Be Active	Keep Learning	Give
<p>Self Care Fair @KLDCS</p> <p>KLDCS Collecting Can Food and Health Care Products</p>	<p>Wear Green!</p> <p>Drop in @CMHA on Kirkland St and tell us what Mental Health means to you!</p> <p>Enter in a Draw to a a 50\$ Gift Card</p>	<p>CMHA is Sponsoring a Family/Open Swim</p> <p>Enjoy a Swim on Us!</p> <p>Joe Mavrinac Complex 6:15-7:15PM</p>	<p>CSCT Community Walk</p> <p>Sign up at CSCT Today!</p> <p>Contact CSCT for Details</p>	<p>Fun in the Park!</p> <p>Join the CMHA at Kinross Park for fun activities</p> <p>11:30 a.m. to 2:30 p.m.</p> <p>Wear Green to celebrate the week!</p>