



## Mental Health Week – May 7<sup>th</sup> to 13<sup>th</sup>

### Timmins Schedule

| Monday   | Tuesday     | Wednesday                                       | Thursday   | Friday  |
|--|-------------|---|--|---|
| Connect  | Take Notice | Be Active                                       | Keep Learning  | Give  |
| Community Partner Recognition for Timmins Pharmasave |             | Be Active Walk<br>Gillies Lake Park<br>6-8 p.m. | Understanding Mental Health and Navigating Local Services Presentation<br><br>Science Timmins<br>6-7:30 p.m. | Wear Green to celebrate the week!<br><br>Positive Quotes Bubbles<br><br>Come in to CMHA and fill out a colour bubble with a positive quote at reception<br><br>All day! |