

Mental Health Week



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Monday May 3rd

GEDSB "Give Day"

9:00 Mental Health Week

Committee Welcome

Fortitude Youth View

All Day Coffee House

Early ON & Brant FACS

9:30 - Messy Fun

10:30 - Music /Stories

Contact Brant

Wellness BINGO

Nova Vita Art Contest

Willowbridge Group

1:30 - 2:30

Kindness and Self Care

Early ON & Brant FACS

4:15 - Story Stretch

6:00 Mental Health Week

Committee Welcome

Tuesday May 4th

GEDSB "Take Notice Day"

Woodview

9:00 - 12:00

Developmental Assets Training

Early ON & Brant FACS

10:30 - Songs/Stories

1:00 - Toddler Music

2:00 - Little Movers

Six Nations

2:00 - 3:00

Child & Caregiver Yoga

Willowbridge Group

4:00 - 5:00

Thyme to Cook

Parkers Project

8pm - 9pm

Parent's Night In

Wednesday May 5th

GEDSB "Be Active Day"

Margot's Place

Maternal Mental Health Day

Early ON & Brant FACS

9:00 - Musical Babies

10:00 - Zen Energy

11:00 - Getting Fit

Willowbridge Group

1:00-2:00

Creative Calm

Parkers Project

2:00 - 5:00

Bracelet Making

PCMH

6:00 - 8:00

Parents Group

County of Brant Library

7:00 - 8:00

Mental Health 101

Thursday May 6th

GEDSB "Connect Day"

H.O.P.E

9:00 - 12:30

Mental Health First Aid

Early ON & Brant FACS

9 & 10 - Family Circle

12:30 - Margot's Place

Fortitude Youth View

1:00

Podcast

Six Nations

2:00 - 3:30

Painting with Love

Willowbridge Group

3:00 - 4:00

Games Group

Woodview

7:00pm

Bedtime Stories

Friday May 7th

GEDSB "Keep Learning Day"

Fortitude Youth View

All Day Text Event & Playlist

H.O.P.E

9:00 - 12:30

Mental Health First Aid

Early ON & Brant FACS

9:30 - Wiggle & Wonder

11:00 - Preschool Circle

Willowbridge Group

11:00 -11:30

Combo Fitness

Woodview's

12:00

Move For Mental Health Awards

1:00 & 4:00

STRIVE Awards Ceremony

Mental Health Week Committee

"Thank You"

All Week Long: Kindness Rocks , Move For Mental Health, and Chalking



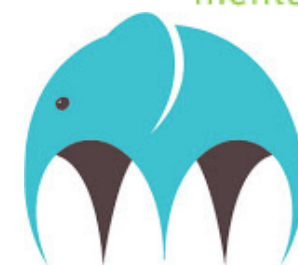
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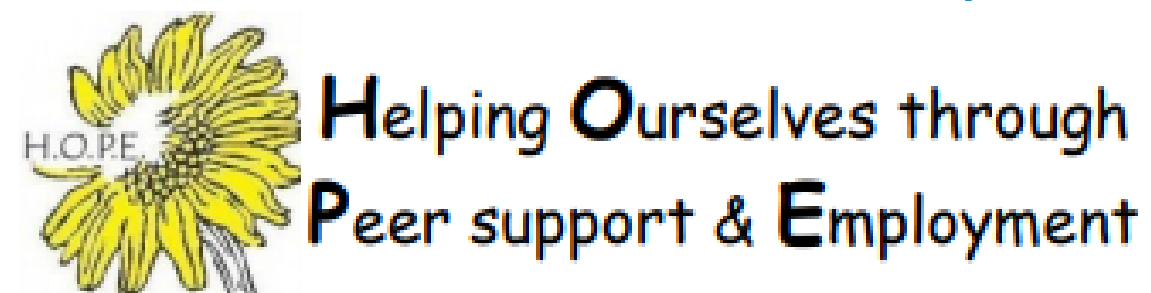
Parents for Children's
Mental Health
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Canadian Mental
Health Association
Brant-Haldimand-Norfolk
Mental health for all



NOVA VITA
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CATHOLIC DISTRICT SCHOOL BOARD
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Annette Zammit

