

CMHA

Mental Health Week

#GetLoud

May 6-12, 2019

The Canadian Mental Health Association Swan Valley Branch
will be hosting a number of events throughout
Mental Health Awareness Week

Monday, May 6th – Walk for Mental Health 2:00-3:00pm

Our kick-off event will be a “walk for mental health”. Everyone is invited to join us as we walk from the CMHA office to the Legion Park and back. Join us as we have some fun together and raise the public profile of mental health.

Tuesday, May 7th – HERO Club Open House 1:00 – 4:00pm

Come out for some free coffee and to learn more about the services, benefits, and programs offered by the HERO Club, @ 317 Main St. W., Swan River (across from Ten-Hsiang Garden).

Video at the NW Regional Library - “When The Voices Fell Silent” - See the inspiring story of one man’s struggle with schizophrenia and his journey of hope and recovery. Starts at **7:00 pm**.

Wednesday, May 8th – BBQ @ Extra Foods 11:00am – 2:00pm

CMHA fundraiser BBQ at the Swan River Extra Foods parking lot. \$5.00 for a hamburger, drink, and a bag of chips. Come out to support the self-help programs of CMHA!

Thurs., May 9th – Info Sessions at the CMHA Office (621 Main St.), 1:00–3:00pm

Take advantage of two free informational sessions offered by CMHA and Prairie Mountain Health reps. Rod Seib will be sharing about the *Living Life to the Full* program. Olivia Acorn will be sharing about the *Wellness Recovery Action Plan* program. Come learn how these programs can help you have the tools you can use for better mental health!

Friday, May 10th - Soup & Bun Lunch with Live Entertainment in the afternoon - 12:00–3:30pm

Enjoy a soup and bun lunch at our office (621 Main St., Swan River) for just \$3.00. Live entertainment will follow throughout the afternoon, with entertainers such as **Terri Boyd, Samantha May, and Rod Seib & Rob Ter Horst**. Informational displays & literature from various local support agencies will be available.