



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous



years of
community
ans dans la
communauté

Schedule of Events

Monday May 7th, 2018

BBQ/BIRTHDAY BASH

Location: CMHA offices at 43 Fox Bay

Time: 12:00PM to 2:00PM

Free food, activities and PRIZES!

Mental Health Week 2018

Tuesday May 8th, 2018

PRESENTATION ON STRESS

Topic: Stress

Location: R.D Parker: Letkemann Theatre

Time: 9:55 AM to 10:55 AM

*For all Grade 9 students!

Wednesday May 9th, 2018

PAINT PARTY

Location: Thompson Public Library

Time: 6:00 PM to 8:00 PM

All supplies will be provided! *Registration required

ALL EVENTS ARE FREE!

Thursday May 10th, 2018

LIVING LIFE TO THE FULL

Location: United Steelworkers, (19 Elizabeth Drive).

Time: 12:00 PM to 1:00 PM *Registration required

Lunch will be provided!

Friday May 11th, 2018

PLAY AT THE PARK

Location: MacLean Park (if weather permits) or Baacos (plan B)

Time: 1:00PM– 3:00PM

***FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT SAM COMEAU AT
CMHA THOMPSON: (204) 677-6051 OR EDUCATIONTRAINING@CMHATHOMPSON.CA**