

NORTH BAY & DISTRICT MENTAL HEALTH WEEK MAY 3-9, 2021

CALENDAR OF EVENTS

PRE-KICKOFF SUNDAY

Mental Health Week starts tomorrow!

9 a.m.

Video greetings from #MHW2021 organizers and supporters
[NMHSS Facebook page](#)

ALL WEEK ...

Look for our Mental Health Week banner above Main Street (near Fraser) and **HONK FOR MENTAL HEALTH** when you see it!



Pick up your Mental Health Week **GREEN RIBBON** at participating banks and No Frills on Lakeshore.

BE SEEN IN GREEN!

Wear green and show your support on social media by posting a photo with hashtags #GetReal and #MentalHealthWeek.

MINDFUL MONDAY

9 a.m.

Video greetings from #MHW2021 organizers and supporters
[NMHSS Facebook page](#)



9 a.m.

Daisy-grams for Mental Health delivered to in-boxes of community organizations

2:30-4 p.m.

Community Drug Strategy North Bay & Area online workshop 'The Bigger Picture'
Register by **April 30** at: <https://bit.ly/3x86Xnz>

#GETREAL TUESDAY

9 a.m.

Video greetings from #MHW2021 organizers and supporters
[NMHSS Facebook page](#)

10:30 a.m.-12 p.m.

Community Drug Strategy North Bay & Area online workshop 'Trauma 101'
Register by **April 30** at: <https://bit.ly/3dFkefw>

2-3 p.m.

'Creating Your Own Self-Care Plan' with Carlene Hiscock
[Join Zoom meeting https://zoom.us/j/9121296837](#)
Meeting ID: 912 129 6837

WELLNESS WEDNESDAY

9 a.m.

Video greetings from #MHW2021 organizers and supporters
[NMHSS Facebook page](#)

12-1 p.m.

'Mindfulness & Meditation' with Dr. Paul Preston
[Join Teams Meeting](#)
Or call in (audio only) 1-647-792-2203
Phone Conference ID: 567 664 681#

2-3 p.m.

'Laughter Yoga' with Kari Sterling
[Join Zoom meeting https://bit.ly/3sWUYG3](#)
Meeting ID: 915 6889 3525
Passcode: 139991

THOUGHTFUL THURSDAY

9 a.m.

Video greetings from #MHW2021 organizers and supporters
[NMHSS Facebook page](#)

10:30 a.m.-12 p.m.

Community Drug Strategy North Bay & Area online workshop 'Introduction to Concurrent Disorders'
Register at: <https://bit.ly/3dFWVCu>



FEEL-GOOD FRIDAY

9 a.m.

Video greetings from #MHW2021 organizers and supporters
[NMHSS Facebook page](#)

11 a.m.-12 p.m.

Join NMHSS Peer Support for their weekly Peer Support Circle
[Join Zoom meeting https://bit.ly/3dWIVo0](#)
Meeting ID: 929 9305 3861
Passcode: 123456

#GETREAL ABOUT HOW YOU FEEL

WRAP-UP SATURDAY/SUNDAY

That's a wrap!

Mental Health Week 2021 was brought to you by:

Community Counselling Centre of Nipissing
District of Nipissing Social Services Administration Board

Downtown North Bay & Waterfront

HANDS the Family Help Network

North Bay Parry Sound District Health Unit

Nipissing Mental Health Housing & Support Services

North Bay Regional Health Centre

in partnership with:



ALL WEEK ...

Watch for pop-up online **MUSICAL PERFORMANCES**. Mental Health Week partners will share details on social media.

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#GETREAL

#MENTALHEALTHWEEK

TODAY