

**FRI, MAY 25, 2018**

~ **Healing Our Hearts Day #3**

@ MoCreebec HBHC Building 10am-230pm

~ **Bannock on a Stick Get Together**

@ 5 Niska Way 1pm

**Hosted by:** Attendance Center

~ **Pow-Wow Social**

@ JRDYC 7pm-10pm

\* All are welcome to attend!

**Hosted by:** John R. Delaney Youth Center

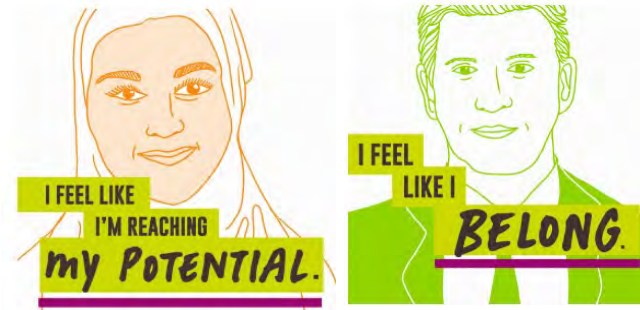
**SAT, MAY 26, 2018**

~ **Walking Out Ceremony**

@ CCIC Grounds 8:00am

\* Families have already pre-registered for this event, however, the community is welcome to participate and witness this ceremony.

**Hosted by:** John R. Delaney Youth Center & Health Services Family Well Being Program



Meegwetch to our wonderful community service providers for your collaborative efforts in hosting a great Mental Health

Week for our community!

*Mental Health Week*  
**MAY 22-26, 2018**

**Get ready to**

**#GetLoud**

about what mental health really is.

**A SENSE OF SELF, PURPOSE, CONTRIBUTION, HOPE, RESILIENCE, & BELONGING**

**CHECK OUT OUR MENTAL HEALTH WEEK DISPLAY BOARD AT THE COMPLEX FOR DETAILED POSTERS ABOUT EACH EVENT!**



# Let's Get LOUD about Mental Health Awareness

**TUES, MAY 22, 2018**

## ~ Info Booths

@ Complex 1pm-5pm

- 1) Parents of Children with Autism & ASD
- 2) Child & Youth Milopemahtesewin Services
- 3) Good Medicine—Forest Therapy

## ~ Family Yoga + Sensory Coping Tools Workshop

*A family yoga class and workshop designed for children with sensory processing sensitivities*

@ JRDYC LOFT 1pm-3pm

**Hosted by:** Ministik School & Moose Cree Health Services

## ~ Youth Soup Kitchen (14+)

*Youth will prepare meal to serve at evening Kick-off Coffee House event*

Youth must pre-register with Ben or Cassandra  
705-658-2701 ext. 27 or 60

@ EPR 4pm-7pm

**Hosted by:** Child & Youth Milopemahtesewin Services & WAHA Diabetes Education Program

## ~ Kick-Off Community Coffee House

*Join us for snacks, refreshments, community information booths and live music as we announce the theme of this year's mental health week.*

@ EPR 6pm

**Hosted by:** Mental Health Week Planning Committee

**WED, MAY 23, 2018**

## ~ Healing Our Hearts Day #1

*\* A therapeutic grief group for children 7-13 years old. Must pre-register child with Marilyn*

705-658-4769 ext. 2003 or Deva 705-658-4535

@ MoCreebec HBHC Building 10am-230pm

**Hosted by:** Ministik School, MoCreebec, Moose Cree Health Services & Child & Youth Milopemahtesewin Services

## ~ Info Booths

@ Complex 1pm-5pm

- 1) Mushkegowuk Health & Wellness Department
- 2) Child & Youth Milopemahtesewin Services

## ~ Resilience Through Art Therapy

*\*Must pre-register with Marilyn 705-658-4769 ext. 2003. First 12 participants will be accepted*

@ MoCreebec HBHC 6:30pm

**Hosted by:** WAHA Community Mental Health & Addictions Program & MoCreebec

## ~ Food to Fuel Your Brain

*\* A nutrition presentation and food demonstration*

@ DDECS Kitchen 6pm-8pm

**Hosted by:** Melissa Hardy / WAHA Diabetes Education Program

**THURS, MAY 24, 2018**

## ~ Healing Our Hearts Day #2

@ MoCreebec HBHC Building 10am-230pm

## ~ Tipi Time

Traditional meat preparations and cooking (goose, moose, duck, etc.)

Open to the community!

@ CCIC Grounds 1pm-6pm

**Hosted by:** Community Recreation Activator

## ~ Lemon Cree Fitness Class (16+)

*\* Equipment will be provided. Please bring comfortable shoes and water.*

@ EPR 6pm

**Hosted by:** Terrence Hardisty / Mushkegowuk Health & Wellness Department

## ~ Stress Less Yoga

*\*An information session + yoga class on the theme of stress and anxiety. Yoga mats, yoga towels, & a yoga handout will be given away to participants as gifts.*

@ EPR 7:30pm

**Hosted by:** Moose Cree Health Services & Family Well-Being Program.

**My mental health**

**is as important as my physical health.**