

Mental Health Week 2024



Scan Here



May 4

May 6

May 7

May 8

May 9

May 10

Thank you to our community partners



3:00-11:00pm
Mask It!
Talent & Fashion Show

Rosini Lodge
140 Grey St

<https://www.eventbrite.ca/e/mask-it-talent-fashion-show-2024-2-day-pass-tickets>

May 5

3:00-11:00pm
Mask It!
Talent & Fashion Show

Rosini Lodge
140 Grey St

<https://www.eventbrite.ca/e/mask-it-talent-fashion-show-2024-2-day-pass-tickets>

10:00am
Flag Raising
Harmony Square
89 Dalhousie St
Brantford

12:00pm
Flag Raising
Norfolk County
Administration Bldg
50 Colborne St. S
Simcoe

1:00-3:00pm
Community Information Fair
Royal Canadian
Legion Hall
200 West St.
Simcoe

5:00-7:00pm
Woodview Kick off
Doug Snooks
Eagle Place
Community Centre
333 Erie Ave

STRIVE awards
Presented at
Kick off Event!

Compassion Award
Presented by
PrimaCare Community Family Health Team
will be drawn during Mental Health Week.
Please go to our Facebook page for the application

11:30-12:30
Take 5 For Compassion: You'll Flip Over it!
Workshop & Pancakes
Woodview
643 Park Road N
To register:
cferrell@woodview.ca

5:00-8:00pm
Talent Not Required Show
By Fortitude Youth Initiative
Woodview
643 Park Road N

Chalk it up!
All week
Show your support by drawing/writing positive messages and sharing your photos on our Facebook page
1:30-3:30pm
Town Hall Meeting
Brantford Police
Brantford Public Library
3rd floor
173 Colborne St.

5:30-7:30pm
The Wedge
An Interconnected System For Developing Personal Doctrine
Cowan Community Health Hub
25 Curtis Ave N, Paris
To register:
519-442-9834

6:00-7:30pm
Hopeful Journeys
SOAR Community Services
Virtual
register for link
519-754-0253

12:00-1:00pm
How to Support Someone in an Abusive Relationship
Nova Vita Blossom
Webinar via ZOOM
Mtg ID: 885 6475 6475
Password: 184865

1:30-3:00pm
O.A.S.I.S.
SOAR & CMHA
44 King St Suite 205
CMHA Building

6:00-7:30pm
Everyday Mindfulness
by PrimaCare Community Family Health Team
To sign up: 519-442-9834

4:00-8:00pm
Smash-It for Mental Health Fun Fair
ABEL Enterprises
447 Queensway W, Simcoe

5:00-7:00pm
Artistic Expressions
SOAR Community Services
225 Fairview Dr.
to register:
raven.wilkins@soarcs.ca

5:00-7:00pm
Six Nations Fair
Veterans Park,
1799 4th Line, Ohsweken

10:00-11:00am
Gentle Morning Movement and Stretching
Grand River Community Centre
363 Colborne St
To register:
oegiebor@grchc.ca or
519-754-0777 x 233

10:00am-1:00pm
Mental Health Week Closing Event
Community Information Fair
Lions Park Hall
640 Lock St. W
Dunnville

2:30-4:00pm
Hopeful Journeys
SOAR Community Services
in person
133 Elgin St.
age 16+

3:30-5:30pm
Closing Event
Hosted by SOAR and the Brant County Health Unit
Brantford Public Library
3rd floor
173 Colborne St.

Thank you to our community partners



#CompassionConnects

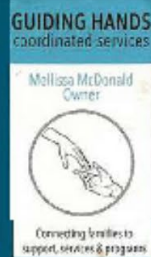


@BHN MentalHealthWeek

MASK IT! TALENT & FASHION SHOW



Sat. May 4th and
Sun. May 5th
2024
At Rossini Lodge
140 Grey St,
Brantford, ON
N3S 4W1



<https://www.eventbrite.ca/e/mask-it-talent-fashion-show-2024-2-day-pass-tickets->

MASK IT!

TALENT & FASHION SHOW

Saturday, May 4th, 2024		
SHOW #1	Start	End
Maggie Couture	3:00	3:45
PhiliaBrant	3:50	4:15
Emma Bown	4:20	4:35
MH Apparel	4:40	5:00
Hawa's Fashion World	5:05	5:15
SHANE	5:20	5:40
Twin Spin	5:45	6:00
DINNER BREAK	6:00	7:00

SHOW #2	Time	
Prestige	8:00	8:45
Vivienne Barnes	8:50	9:15
Joan Minnery		
#1		
#2	9:20	9:35
Steejo	9:40	10:00
Noria & Co.	10:05	10:15
OPEN MIC	10:20	10:40
Avalon Music Acaedmy		
#1 (Dasouza Band)	10:45	11:00

MASK IT!

TALENT & FASHION SHOW

Sunday, May 5th, 2024		
SHOW #3	Times	
Girl POW-R	3:00	3:45
Ivory Ever After	3:50	4:15
Amber Rinker	4:20	4:35
Carina	4:40	5:00
Shaelee Sheppard	5:05	5:15
KINGBIRD	5:20	5:40
Monique Huntsley	5:45	6:00
DINNER BREAK	6:00	7:00

SHOW #4	Times	
JDL Talent Agency		
#1		
#2		
Nasia Castillo	8:00	8:45
Vrunda	8:50	9:15
Antoinette Targa	9:20	9:35
Domenication	9:40	10:00
KLK Paris	10:05	10:15
OPEN MIC	10:20	10:40
Jocelyn June	10:45	11:00

It's Mental Health Week!

#GETLOUD

The theme for 2024 is "Caring with Compassion"

Let's build a fairer and mentally healthier world for everyone!



Join us for a flag-raising ceremony to kick off
Mental Health Week!

When? Monday, May 6, 2024 at 10:00 a.m.

Where? Harmony Square, 89 Dalhousie, Downtown Brantford

Let's #GETLOUD Haldimand Norfolk Mental Health Week, May 6 - 10, 2024



Community Events

and more...

Information

Connection

MONDAY, MAY 6

12 noon

**Mental Health Week Kickoff
Flag raising Ceremony**

Norfolk County
Administration Bldg.
50 Colborne St. S,
Simcoe, ON

MONDAY, MAY 6

from 1-3 p.m.

Community Information Fair

Royal Canadian Legion Hall,
200 West St.,
Simcoe, ON

FRIDAY, MAY 10

**Mental Health Week Closing
Event**

10:00 a.m. - 1:00 p.m.

Community Information Fair

Lions Park Hall, 640 Lock St W,
Dunnville, ON

#CompassionConnects

For more information, call 519-752-2998, ext. 112 or ext. 103



Participating Agencies:



Special Thanks to:



Community Addictions and Mental Health Services of Haldimand and Norfolk

Achieve Mental Health
Wellness & Recovery Centre



Giving Hope Today



Abel Enterprises

ACE

Alzheimer Society of Haldimand Norfolk

Brantford Brant Norfolk Ontario Health Team

Brant Community Healthcare System

Brant Haldimand Norfolk Catholic

District School Board

Brant Haldimand Norfolk Community Legal Clinic

Brant Haldimand Norfolk RAAM Clinic

Canadian Mental Health Association,

Brant Haldimand Norfolk Branch

Child and Family Services of Grand Erie

Community Addictions and Mental Health Services of

Haldimand Norfolk (CAMHS)

Community Legal Clinic -

Brant, Haldimand, Norfolk

Community Living Haldimand

Grand Erie District School Board

Greater Hamilton Health Network

Haldimand Family Health Team

Haldimand Pregnancy Care & Family Centre

Haldimand Norfolk Learning Centre

Haldimand Norfolk REACH

Haldimand-Norfolk Community Senior Support
Services

Hauser's Healthcare Dunnville

Indwell

Jean Montgomery

Leap Employment Services

PRIDE Haldimand Norfolk

Salvation Army Family Services Dunnville

SOAR Community Services -

Dunnville Employment Centre

St. Joseph's Healthcare Hamilton -

Haldimand Norfolk ACTT

Taylor the Turtle

THRIVE Group

True Experience

Victim Services Haldimand Norfolk
and New Credit

Wellness and Recovery Centre

Young Caregivers Association



MONDAY, MAY 6, 2024



KICK-OFF

MENTAL HEALTH WEEK

CELEBRATE WITH

FREE FOOD & DRINKS

FEATURING

GAMES & ENTERTAINMENT

DOUG SNOOKS EAGLE PLACE
COMMUNITY CENTRE
333 ERIE AVE, BRANTFORD, ON N3S 2H7
5 PM - 7 PM

VENUE LOCATED ON A BUS ROUTE

If you require transportation please contact:
mentalhealthweek@woodview.ca



Woodview Mental Health and Autism Services

presents

TAKE 5 FOR COMPASSION

YOU'LL FLIP OVER IT!

Do you find that you are always coming in second?
Well, we are putting you **FIRST!**

Parents and caregivers, you work hard!

You deserve a break, and we've got just the thing for you. Join us for a fun, one-hour workshop designed to help you take a step back from your caregiving responsibilities and recharge.

Take a moment to reflect on your journey, connect with others, and discover self-care activities you can do during the day that focus on YOU! Plus, did we mention... pancakes!



TUESDAY MAY 7
11:30 AM TO 12:30 PM
WOODVIEW (643 PARK ROAD N)



To register, please email Christina at cferrell@woodview.ca



Mental Health Week 2024



@BHN MentalHealthWeek

Talent Not Required Show



Come show off any special skills or abilities!
Any youth under 25 may perform.
All ages welcome to attend!

FREE ENTRY

\$1 SNACK BAR



May 7
DOORS OPEN
AT 5PM

643 PARK ROAD NORTH, BRANTFORD, ON



TOWN HALL MEETING

Wednesday, May 8, 2024
1:30 PM - 3:30 PM

BRANTFORD PUBLIC LIBRARY
MAIN BRANCH
173 COLBORNE ST.
FLOOR 3 - AUDITORIUM

ALL ARE WELCOME



Join the Brantford Police Service for a Town Hall Meeting where members will be available to discuss various concerns and issues. Light Refreshments will be served. All are welcome.



A PROUD PARTNER OF MENTAL HEALTH AWARENESS WEEK

brantfordpolice.ca

#MENTALHEALTHWEEK2024



- Participants 15+ years will recognize the critical importance of the relationship between endurance and the actionable skills of leadership. The ability to push through obstacles and to build endurance - which is a process and a skill, will be the premise of this workshop.

Presented by:

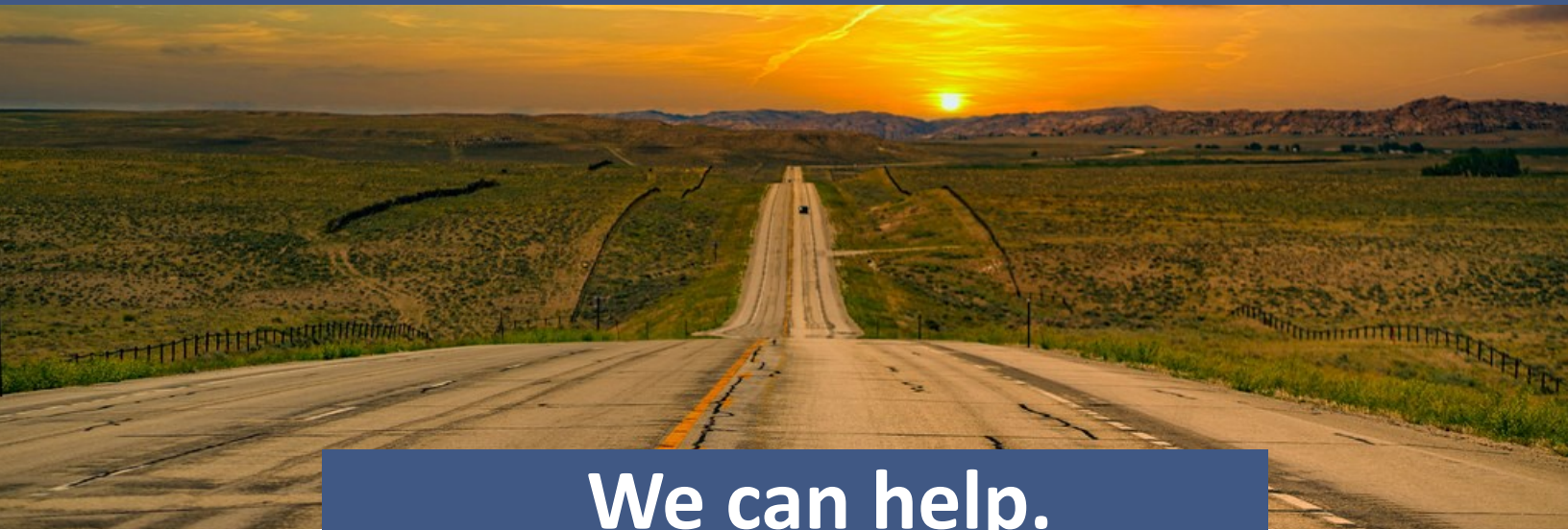


Bill Dungey, Volunteer Firefighter and Registered Social Service Worker

Sponsored by:



Are you experiencing a mental health and/or substance use challenge? *



We can help.

Join us for *Hopeful Journeys* peer support group.

Connect with others with similar lived experiences to share, learn and grow in your recovery journey.

Two ways to join:



In-Person Group

When: Fridays 2:30-4:00 p.m.

Where: 133 Elgin St.

Open to all 16yrs. and older

No Registration Required



Virtual Group

(registration required)

When: Wednesdays 6:00 to 7:30 p.m.

Where: Online! We will send you a link.

Register: Email agibson@st-leonards.com

OR call 519-754-0253



St. Leonard's
COMMUNITY SERVICES

Challenge. Choices. Change.

st-leonards.com

* Must be at least 16 years of age or older



NOVA VITA
Help • Hope • Heal

Join the Webinar



12PM - 1PM

MAY 9

Via Zoom

Meeting ID: 885 6475 6475

Password: 184865

HOW CAN YOU HELP SOMEONE IN AN ABUSIVE RELATIONSHIP?

Most domestic violence awareness campaigns focus on educating about the types of abuse, or recognizing the warning signs. Instead, BLOSSOM focuses on helping you to respond when someone discloses to you that they are in an abusive relationship. Learn best practices, where to find information, and much more.



**No
Referral
Needed**

O.A.S.I.S

Overcoming Addictions with Strategies in Self-care

O.A.S.I.S. is an ongoing, open support group for individuals facing challenges related to concurrent disorders (mental health and substance use at the same time.)

Learn new coping strategies and skills to manage mental health and addiction related concerns.

Open to the community.
No referral required.

Join Us!



Every Thursday
1:30 p.m. to 3:00 p.m.



44 King Street, Suite 205
CMHA Building



Amber Bryan
519-754-0253 ext. 2507
abryan@st-leonards.com

Melissa Fudali
melissa@cmhabhn.ca
519-752-2998 ext 122

Everyday Mindfulness

Thursday May 9th 6 - 7:30pm

Presented by:

Ina Bahdanovich MSW, RSW

Concept of
Mindfulness

Mindfulness
for Stress
Reduction



Mindful
Eating

Mindfulness
of
Emotions

#MENTALHEALTHWEEK2024

Registration Required - call 519-442-9834

Snacks and refreshments provided.

ABEL Enterprises PRESENTS



SMASH-IT for Mental Health Fun Fair!

**Celebrate Mental Health Week
Thursday May 9th from 4 - 8 pm
447 Queensway West, Simcoe**

**★ SMASH ROOM ★ OUTDOOR GAMES ★ COTTON CANDY ★
★ POPCORN ★ SLUSHIES ★ TOURS ★**

**FREE admission - Smash Room and Snacks are extra.
Funds raised support ABEL Enterprises**

ARTISTIC EXPRESSIONS

Artistic Expressions is here for anyone who may be experiencing ongoing mental health and/or addictions recovery. We focus on positive self-reflection and change using art as a therapeutic medium!

Date: Every Thursday

Time: 5:00 p.m. - 7:00 p.m.

Location: 225 Fairview Drive, or attend virtually via Microsoft Teams

Questions / How to Sign Up:

Contact **Raven**, our Art Therapist, at rwilkins@st-leonards.com



St. Leonard's
COMMUNITY SERVICES

Challenge. Choices. Change.

www.st-leonards.com

Gentle Morning Movement & Stretch

Join us for a gentle
movement class during
Mental Health Week!



WHEN:

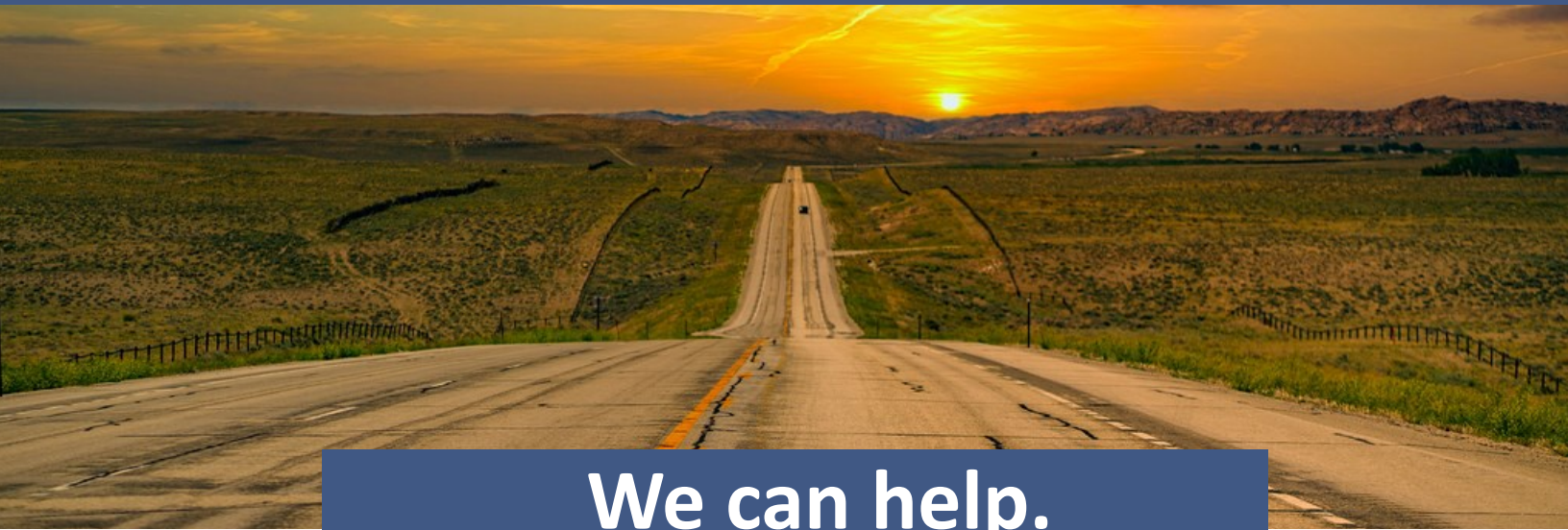
Friday May 10th 2024
10 to 11 am

WHERE:

Grand River Community Health
Centre
363 Colborne Street, Brantford

For info or to register please email
OG at oegiebor@grchc.ca or call
(519) 754-0777 ext. 233

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substance use challenge? *



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St. Leonard's
COMMUNITY SERVICES

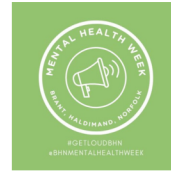
Challenge. Choices. Change.

st-leonards.com

* Must be at least 16 years of age or older



**BRANT COUNTY
HEALTH UNIT**



Mental Health Week, Closing Ceremonies

Friday May 10 | 3:30-5:30 pm



Join us at the Brantford Library to meet and celebrate Mental Health programs, services, and resource in our community!

The event will have something for everyone! Beyond the ceremonies, there will be an opportunity to create a Coping Toolbox while discovering self-care and emotional well-being strategies, and, of course, cake!



Don't miss this event!
Friday May 10
3:30-5:30 pm
Brantford Public Library,
3rd Floor



#CompassionConnects