



Mental Health Week 2026

COME TOGETHER, CANADA: STRONGER CONNECTIONS. BETTER MENTAL HEALTH



SCAN QR CODE TO VISIT OUR FACEBOOK PAGE FOR EVENT DETAILS!

**MONDAY
MAY 4**

**TUESDAY
MAY 5**

**WEDNESDAY
MAY 6**

**THURSDAY
MAY 7**

**FRIDAY
MAY 8**

Thank you to our
Community Partners



BRANTFORD BRANT NORFOLK
ONTARIO HEALTH TEAM



**10:00 AM
FLAG RAISING**
HARMONY SQUARE
89 DALHOUSIE ST
BRANTFORD

**12:00 PM
FLAG RAISING**
NORFOLK COUNTY
ADMINISTRATIVE BUILDING
50 COLBORNE ST S SIMCOE

12:30PM
JOIN SOUTH COAST
WELLNESS FOR
REFRESHMENTS
FOLLOWING THE FLAG
RAISING
83 SYDENHAM ST,
SIMCOE

**2:00 PM
FLAG RAISING**
COUNTY OF BRANT
BUILDING
66 GRAND RIVER ST N
PARIS

**5:30PM-7:00PM
COPING THROUGH
CONNECTION**
25 CURTIS AVE, PARIS
REGISTRATION REQUIRED:
INFO@PCCFHT.CA

**5:00 PM-7:00 PM
MENTAL HEALTH WEEK
KICKOFF**
LAURIER BRANTFORD
YMCA
100 WATER ST

**11:30AM-12:30PM
TASTY TUESDAY**
103 INVERNESS ST,
CALEDONIA
PRE-REGISTRATION
REQUIRED, EMAIL:
CAFE@CSCHN.ORG OR
CALL 905-765-4408 EXT
241

**4:00 PM-5:30PM
M.O.O.D. MAKERS
YOUTH ART THERAPY
GROUP**
225 FAIRVIEW DR, UNIT 1
NO REGISTRATION
REQUIRED

**5:30-7:30PM
LIGHTS, CAMERA,
CONNECTION!
FORTITUDE YOUTH
INITIATIVE**
LAURIER BRANTFORD YMCA
2ND FLOOR MEETING ROOM
100 WATER ST, BRANTFORD



**9:30AM-10:45AM
MINDFUL STRETCHING**
GIHEKDAGYE FRIENDSHIP
CENTER
274 COLBORNE ST

**10:00 AM-4:00PM
MENTAL HEALTH &
WELLNESS EXPO**
275 RAMSEY DR.
DUNNVILLE

**10:00 AM-11:00AM
OLDER ADULTS & MENTAL
WELLNESS**
EMAIL FOR LINK:
ADMIN@GRCOA.CA OR CALL
519-754-0777 EXT 439

**1:30PM-2:30PM
SOAP MAKING WORKSHOP**
GIHEKDAGYE FRIENDSHIP
CENTER
274 COLBORNE ST

**1:30PM
HOW TO SUPPORT SOMEONE IN
AN ABUSIVE RELATIONSHIP**
TO REGISTER:
NOVAVITA.ORG/LEARN-TO-
BLOSSOM-FOR-MHW

**4:00PM-6:00PM
SCREEN BREAK**
302 ST. GEORGE ST, PORT
DOVER

**6:00PM-7:30PM
HOPEFUL JOURNEYS
VIRTUAL GROUP**
EMAIL FOR LINK:
CDC@SOARSCS.CA

**1:30PM-3:00PM
MENTAL HEALTH
MEDITATIVE ART SESSION**
GIHEKDAGYE FRIENDSHIP
CENTRE
274 COLBORNE ST

**1:30PM-3:30PM
OPEN HOUSE**
BRANT COMMUNITY HEALTH
CARE SYSTEM
200 TERRACE HILL

**4:00PM-6:00PM
BUILDING
CONNECTIONS**
FOR AGES 12-18
WOODVIEW IN THE
SQUARE
89 DALHOUSIE ST

**5:00PM-7:00PM
SENSORY BIN MAKING FOR
YOUTH**
GIHEKDAGYE FRIENDSHIP
CENTRE
274 COLBORNE ST

**5:00PM-7:00PM
STRONG KIDS STRONG
COMMUNITIES
FUN FAIR**
VETERANS PARK
1651 CHIEFSWOOD RD
OHSWEKEN

**10:00 AM-2:00PM
LET'S COME TOGETHER FOR
MENTAL HEALTH
FUN FAIR**
395 QUEENSWAY WEST,
SIMCOE

**9:00AM-3:00PM
SELF CARE SYMPOSIUM**
BRANT COMMUNITY HEALTH
CARE SYSTEM
200 TERRACE HILL
E-WING

**2:30PM-4:00PM
HOPEFUL JOURNEYS IN-
PERSON GROUP**
133 ELGIN ST BRANTFORD

**SATURDAY
MAY 9**

**1:30PM-3:30PM
ROCK PAINTING & ART
DAY**
CITY VIEW PARK
184 TERRACE HILL ST.

**10:00AM-3:00PM
MENTAL HEALTH &
WELLNESS EXPO**
172 SOUTH DR, SIMCOE
CIBC AUDITORIUM
BUILDING 9

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Community Partners



@BHN MentalHealthWeek #cometogethercanada