

Get ready to **#GetReal**

CMHA
Mental Health Week
May 2-8, 2022

Download tools and materials
at mentalhealthweek.ca today!



**Join the Myers
Headstrong during
Mental Health Week for
a week of fun activities
designed to promote
positive mental health!!**

Fun Fact!

**Did you know that Mental Health Week is
a Canadian tradition that began in 1951?**

**On Monday, May 2, join us for our first activity!!
This activity has many positive mental health
benefits including lowering risk of anxiety and
depression, helping stress management,
increasing oxygen and can promote healthy eating.
Can you guess what it is?
Stay tuned for more information!**

#risingyouth #leaderstoday #getreal