**CHILDREN’S MENTAL HEALTH WEEK 2018**

**WHAT’S HAPPENING IN THE COMMUNITY?**

**PCMH Family Engagement Conference 2018**
The Family Centre
205 Ardelt Avenue, Kitchener
9:00am to 4:00pm
Annual FREE conference includes keynote speakers, multiple workshops for parents and caregivers, information sessions on anxiety & school attendance, bullying, accessing services, and more. Register now! pcmh.ca/waterloo

**LUTHERWOOD STEPS FOR KIDS**
Children’s Mental Health Centre
285 Benjamin Road, Waterloo
8:00am to 12:00pm
This 3km walk/run will venture through the beautiful north Waterloo countryside, along the Trans-Canada and Avon Trails. Finishing will support specialized children’s mental health treatment programs. Bring your whole family! Dogs welcome. lutherwoodstepsforkids.ca

**MINDFUL MORNINGS**
mindfulmornings.ca
A collaboration between Grand River Hospital Foundation and Carizon Family and Community Services, this breakfast features guest speaker Steven Page, co-founder of The Barenaked Ladies. With honesty and humor, Page shares his personal experience, reminding us that it is everyone’s role to increase awareness and decrease the stigma around mental health. Doors Open: 7:00am
137 Glasgow Street, Kitchener

**SAFETALK**
Grand River Collegiate Lecture Hall
787 King Street W, Kitchener
6:00pm to 9:00pm
This three-hour training program will prepare you to identify persons with thoughts of suicide and connect them to suicide first aid resources. Register now! grandriversafetalk.eventbrite.ca

**POSITIVE PARENTING FUN**
Our Place Early Years and Family Resource Centre
154 Gatward Road, Kitchener
6:00pm to 9:00pm
Parking lot entrance is off Blueridge Avenue. Join us for a fun-filled time where we learn how family play can promote positive mental health for kids, teens, and parents! Snacks and resources for parents will be there too. parentingnow.ca

**OK2BME LGBTQ+ YOUTH GROUP**
MENTAL HEALTH REAL TALK Aged 12 to 14
480 Charles Street E, Kitchener
6:00pm to 7:30pm
Youth from The New Mentality Group will share insights from their personal stories. Event is free, but registration is required to attend. universe.com/ok2bme/youthgroup, ok2bme@counselling.com, or 519.494.0000 x280

**MINDFUL MONDAY**
Mindfulness benefits our mental well-being tremendously by reducing stress and managing depression and anxiety. Best of all, mindfulness can be practiced at anytime, anywhere! Join the conversation today and share your own experiences.

**TALK TUESDAY**
When was the last time you took the time to really ask someone how they’re doing? When it comes to good mental health, talking is key. On TALK TUESDAY, join the conversation on social media by sharing your experiences with talking about mental health.

**WEAR IT WEDNESDAY**
Green is the colour that represents mental health in Canada! Show your support for mental health awareness by wearing green on Wednesday and encourage your family, friends, and colleagues to do the same. Don’t forget to share your photos on social media with the hashtag #wearitwednesday.

**THANKFUL THURSDAY**
Gratitude is a powerful force that changes our outlook on life. What are you thankful for? We want to know! Share what you’re doing on social media by using the hashtag #thankfulthursday.

**FUN FRIDAY**
How are you making time to have fun this week? Share your experiences from this week with the community by using the hashtag #funfriday.

**TUESDAY MAY 7**
**#MINDFULMONDAY**

**TUESDAY MAY 8**
**#TALKTUESDAY**

**TUESDAY MAY 9**
**#WEARITWEDNESDAY**

**THURSDAY MAY 10**
**#THANKFULTHURSDAY**

**SATURDAY MAY 12**
**#MINDFULMONDAY**