

# CHILDREN'S MENTAL HEALTH WEEK 2018

## WHAT'S HAPPENING IN THE COMMUNITY?

**SATURDAY MAY 5**

**PCMH Family Engagement Conference 2018**  
The Family Center  
200 Ardelet Avenue, Kitchener  
9:00am to 4:00pm

Annual FREE conference includes key note speakers, with multiple workshops for parents and caregivers to choose from, including information sessions on anxiety & school attendance, bullying, accessing services, addictions and more. Register now!  
[pcmh.ca/waterloo](http://pcmh.ca/waterloo)

**SUNDAY MAY 6**

**LUTHERWOOD STEPS FOR KIDS**  
Children's Mental Health Centre  
285 Benjamin Road, Waterloo  
8:30am to 12:00pm

This 3 to 5km walk/run ventures through the beautiful north Waterloo countryside, along the Trans-Canada and Avon Trails. Funds raised will support specialized children's mental health treatment programs. Bring your whole family! Dogs welcome.  
[lutherwoodstepsforkids.ca](http://lutherwoodstepsforkids.ca)

**JOIN THE CONVERSATION!**

**MONDAY MAY 7 #MINDFULMONDAY**

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

**TUESDAY MAY 8 #TALKTUESDAY**

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 #TALKTUESDAY, join the conversation on social media by sharing your experiences with talking about mental health.

**WEDNESDAY MAY 9 #WEARITWEDNESDAY**

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

**THURSDAY MAY 10 #THANKFULTHURSDAY**

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.

**FRIDAY MAY 11 #FUNFRIDAY**

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 8**

**MINDFUL MORNINGS**  
SUPPORTING MENTAL HEALTH PROGRAMS  
IN OUR COMMUNITY  
Catalyst  
137 Glasgow Street, Kitchener  
Doors Open: 7:00am

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.  
[mindfulmornings.ca](http://mindfulmornings.ca)

**TUESDAY MAY 8**

**OK2BME LGBTQ+ YOUTH GROUP**  
MENTAL HEALTH REAL TALK AGES 12 TO 14  
KW Counselling Services  
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/ok2bmeyouthgroup](http://universe.com/ok2bmeyouthgroup),  
[ok2bme@kwcounselling.com](mailto:ok2bme@kwcounselling.com),  
or 519.884.0000 x280

**WEDNESDAY MAY 9**

**SAFETALK**  
Grand River Collegiate Lecture Hall  
175 Indian Road, 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](http://grandriversafetalk.eventbrite.ca)

**THURSDAY MAY 10**

**SAFETALK**  
KCI School Library  
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!  
[kcisafetalk.eventbrite.ca](http://kcisafetalk.eventbrite.ca)

**SATURDAY MAY 12**

**POSITIVE PARENTING FUN**  
IN THE MUD FAMILY PLAY

Our Place Early Years and Family Resource Centre  
154 Gatewood Road, Kitchener  
1:00pm to 3:00pm

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](http://parentingnow.ca)



Parents for Children's  
Mental Health  
SUPPORT, EDUCATE, EMPOWER.



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington