



#GetLoud
about what mental
health really is.

**TOO MUCH ABOUT
WHAT OTHERS
THINK OF ME.**

Canadian Mental Health Association, Windsor-Essex County Branch

Mental Health Week 2018 Schedule of Events

City of Windsor Proclamation – **May is Mental Health Month**
Caesars Windsor will be **Lit Up Green**

- Tuesday, May 8** safeTALK Training, 5 p.m., CMHA-WECB
- Wednesday, May 9** Wellness Wednesdays Kick-off with Caesars Windsor & the City of Windsor – Noon, Charles Clark Square
- Thursday, May 10** Ride Don't Hide Launch, 10 a.m. CMHA-WECB
- Suicide to Hope Workshop, CMHA-WECB
- Friday, May 11** Suicide to Hope Workshop, CMHA-WECB
- Staff Paint Night, 5 p.m. Spago's, Dougall location
- Saturday, May 12** CMHA-WECB Display @ Devonshire Mall
- MONTH OF MAY** Antonino's Pizza is donating 10 cents for EVERY vegetable topping ordered.
Offer is available at ALL locations – South Windsor, Tecumseh & Lasalle

For more information visit, www.windsorsex.cmha.ca and
www.mentalhealthweek.ca