



YOU ARE NOT ALONE

WINDSORSEX.CMHA.CA/SUICIDEPREVENTION

SEPTEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
					10:30am Yoga for Healthy Living via Facebook Live @CMHAWECB	1:00pm-5:00pm Meet for Men's Mental Health Lakeshore Oasis 486 Advance Blvd., Tecumseh
6	7	8	9	10	11	12
			10:00am-11:00am Interview with Kevin Hines, The Ripple Effect via Zoom	World Suicide Prevention Day 8pm Virtual Candlelight Vigil via Facebook Live (@CMHAWECB)	10:30am Yoga for Healthy Living via Facebook Live @CMHAWECB	
13	14	15	16	17	18	19
11:00am Noah's House Golf Tournament Fox Glen Golf Club 7525 Howard Ave.				8:30am – 4:30pm ASIST CMHA-WECB	8:30am – 4:30pm ASIST CMHA-WECB "Last Call" Screening Lakeshore Cinemas	
20	21	22	23	24	25	26
		1pm – 4:30pm ASIST Tune-Up CMHA-WECB		8:30am – 4:30pm ASIST CMHA-WECB	8:30am – 4:30pm ASIST CMHA-WECB 7pm – 12am CainerFest 2020 Full Sight Online via Zoom	7pm – 2am CainerFest 2020 Full Sight Online via Zoom
27	28	29	30			
Suicide Prevention Awareness Month VIRTUAL Walk 3pm – 8pm CainerFest 2020 Full Sight Online via Zoom	CMHA-WECB Go Green Golf Tournament Essex Golf & Country Club	1:30pm – 4:30pm safeTALK CMHA-WECB				