

# Come Together, Canada.

Stronger connections,  
better mental health.



## 2026 Mental Health Week Event in a “Box”

### Event Poster





Editable Event Poster Canva template:

<https://canva.link/1tmu6c2spfo5ujq>

### Social Media Post:

Editable Social Media Post Canva template: <https://canva.link/9bx6mrzz5u29gl>

Suggested copy:

| Text  |
|---|
| This Mental Health Week, let's come together [Place Name]   |
| Join us for [Event Name], a chance to connect, learn, and support mental health in our community.                 |
|  [Date]                        |
|  [Time]                        |
|  [Location]                    |
| Whether you come with a friend or on your own, you're welcome here.   |
| Stronger connections, better mental health.   |
|  Learn more / register: [Link] |
| #MentalHealthWeek #ComeTogether   |

### Suggested Email Invite:

**Subject line:** Come Together, Place Name & Join us for [Event Name]




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This Mental Health Week, we're inviting you to take a moment to connect—with others and yourself.

Join us for **[Event Name]**, a chance to come together, build connection, and support mental health in our community.

## Event Details

 **Date:** [Insert date]

 **Time:** [Insert time]

 **Location:** [Insert location or virtual link]

## What to expect

- [Activity or highlight #1]
- [Activity or highlight #2]
- [Activity or highlight #3]

We hope to see you there. The small moments we take to connect with one another can have a lasting impact, and your presence helps create a more connected and supportive community.

Warm regards,



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## Event Table Top Poster:

(You will need something to hold the poster, like this):

[https://www.amazon.ca/dp/B0CWH284GV?encoding=UTF8&psc=1&ref=cm\\_sw\\_r\\_cp\\_u\\_d\\_dp\\_JFQQ870WXXKFWPYWM171](https://www.amazon.ca/dp/B0CWH284GV?encoding=UTF8&psc=1&ref=cm_sw_r_cp_u_d_dp_JFQQ870WXXKFWPYWM171)



Editable Table Top Poster Canva Link: <https://canva.link/hgg6tprx3gky5a7>

## Logos to print on swag:

Editable logos Canva Template: <https://canva.link/74msoj277e0bvvk>

