## MENTAL HEALTH AWARENESS WEEK ACTIVITIES

MAY 1<sup>st</sup> to MAY 7<sup>TH</sup>, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAY 1, 2017	MAY 2, 2017	MAY 3, 2017	MAY 4, 2017	MAY 5, 2017	MAY 6, 2017	MAY 7, 2017
Coffee On Us	Coffee on Us Riverton Seniors Lodge-Riverton 2:00 – 4:00	Coffee on Us Springfield Library Dugald 12:00 – 4:00 pm	Coffee on Us Just My Kind of Bakery, Ashern 9:00am-12:00pm	Coffee on Us The Peppercorn Restaurant Oakbank 1:00-3:00pm		Mental illness is nothing to be ashamed of. Neither is talking about it. It's #TimetoTalk.
Coffee on Us Roxi's Uptown Café Selkirk 11:00am-1:00pm	Coffee on Us Reynold Business Centre Prawda 12:30-2:30pm  Coffee on Us Whitemouth Seniors Club 9:30 – 11:30 am	Coffee on Us Lord Selkirk Education Centre Morning & Afternoon classes	Coffee on Us Smitty's, Selkirk 1:00 – 3:00 pm	Coffee on Us Interlake Café Fisher Branch 10:00 am – noon  Coffee on Us The Birchwood Hotel, Hwy 59 10:00 am - noon		SUPPORT  Mental Health Awareness  MONTH
Coffee on Us Tim Horton's Sagkeeng 1:00- 3:00pm	Coffee on Us Abundant Life Chapel Lac du Bonnet 9:30-11:30am	Coffee on Us Flatlanders Coffee Roasters, Gimli 10:00 – noon	Coffee on Us Network4Change Beausejour 10:00 am – noon  Coffee on Us Mrs Lucci's Lac du Bonnet 1:30 – 3:30 pm		DON'T LET IT BUG YOU TALK ABOUT MENTAL HEALTH	Coffee on Us