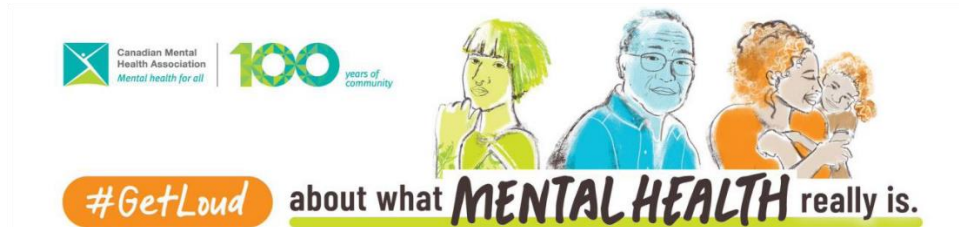




**CMHA Lambton Kent is about to
Get Loud about what mental health *really* is.**



- **On Monday, May 6th: Gratitude.**
- **Wear Green.** Take it a step forward and dust off some old green Christmas lights, or just plug them back in. Take pictures of all this lovely green and post it to social media with the hashtag #GETLOUD4MH.
- Community Pancake Breakfast in appreciation of our mental health professionals and service providers. 9:00-10:30 am. Take time to learn about community resources for your own self care and wellness. Chatham Kent Children's Services 495 Grand Ave West Chatham. RSVP Janet.ohara@ckcs.on.ca
- Voices of Youth Community Engagement Committee unveil mural in Point Edward to highlight mental health. 5:00 pm 115 Michigan Ave.



- **Tuesday, May 9th: Be Kind.** A simple act of kindness can change the projection of someone's whole day or week. Do something small and make someone's day. Share your adventures in kindness over social media with the hashtag #BEKIND4MH



- **On Wednesday, May 8th: Talk.** Talking about mental health is important. A lot of people don't get the help they need because they're scared to reach out for help and share what they're going through.
- Free Community Education Event "Understanding Traumatic Grief" with Special guest Dena Moitoso presenting on behalf of the Suicide Prevention Education Committee of Chatham Kent.

6:30-8:30 pm at the Lambton Kent District School Board Regional Education Centre, 476 McNaughton Ave E. Chatham. To register contact mwalker@cmhalambtonkent.ca



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- **On Thursday, May 9th: Connect** with our community partners for a Free BBQ. Sarnia is connecting with St. Clair Child & Youth Services 4:30-6:30 at 129 Kendall Street. Enjoy Food, Refreshments and More. All are Welcome!
- Free Education Workshop for Mental Health Professionals, “Understanding Traumatic Grief” with Special guest Dena Moitoso presenting on behalf of the Suicide Prevention Education Committee of Chatham Kent. 9:00-4:30 pm Chatham Kent Children’s Services 495 Grand Ave. West. To register contact mwalker@cmhalambtonkent.ca



- **On Friday, May 10th: Create. Chatham Kent Children’s Services and ACCESS OPEN MINDS** Poster Contest “Bridging Gaps in Child & Youth Mental Health Services” Winner Announced. Design a poster to raise awareness for this important cause. Email entries (pdf) to janet.ohara@ckcs.on.ca or drop off May 6-9 at Chatham Kent Children’s Services 495 Grand Ave West, Chatham.



- **On Saturday May 11: Give.**
- We rely on donations and fundraising to deliver mental health services and programs in Lambton Kent. Donate today at www.cmhalambtonkent.ca
- Support the Mental Health Vendor Show “Stand Up for Change” 10:00-3:00 KBD Club 34 Byng Ave. Chatham. Proceeds benefit Mental Health Network and Chatham Kent Children’s Services Mental Health Program