

MENTAL HEALTH WEEK

MAY 6 - 12, 2024

#CompassionConnectsSL

Motivation Monday

Kindness Activity:

- Compliment yourself.
- Compliment a family member.
- Compliment a friend.
- Compliment a stranger.

Gratituesday

Kindness Activity:

- Create a social media post for a person you are grateful for.
- Text or call someone just to tell them you appreciate them.

Wellness Wednesday

McHappy Day

Proceeds support St. Clair Child & Youth Services
Participating McDonalds in Lambton County

Kindness Activity:

- Take some time for yourself.
- Do some breathing exercises.
- Go for a walk.
- Read a good book.

Thinking Thursday

Kindness Activity:

How many Random Acts of Kindness can you do today?

- hold a door open
- bake (or buy) cookies for a friend
- write a positive review

Feel-good Friday

Kindness Activity:

- Play your favourite music.
- Dance like no one is watching.
- Celebrate your successes!

Saturday!

Mike Harvey Foundation Community BBQ

11am - 2pm
Anglican Church
Watford

- Proceeds support mental health services and programs.

Wear green for Children's Mental Health Day!



Hey Sarnia Lambton!

Spread kindness and compassion with your inspirational chalk art pictures and words! Share it on social media with #ChalkSLwithKindness

GIVE HOPE A VOICE

Monday, May 13

Free Event Hosted by the Sarnia Lambton Suicide Prevention Committee

- Brian & Cathy Knowler share their experiences with PTSD. Learn more @SarniaLambtonSPC



Would you like your logo or event added to this calendar? Reach out to communications@cmhalambtonkent.ca. We are happy to make a bigger poster to include you! #CompassionConnectsSL