

Embracing Creativity for Mental Wellness

Mental Health Awareness Week

May 1 - 5, 2023

Wear green on Monday May 1 in support of Mental Health Awareness!

Tuesday May 2

Join **Gary Savitsky** for a 1/2 hour session of sound therapy in the Auditorium, 3rd floor. There will be 2 sessions over the lunch hour. Please bring your own mat if you have one!

Space is limited so please reserve your spot using the links below.

12 pm session

www.eventbrite.ca/e/621725697297

12:30 pm session

www.eventbrite.ca/e/621801494007

Wednesday May 3

11 am until 4 pm

Stop by the 3rd floor outside the auditorium to see our **Art Show**. There will be refreshments for staff. Our Pet Therapy Volunteer plans to make an appearance as well!



Thursday May 4

1 pm - 1:30 pm

Join **Kristine Lake**, Psychologist, for an honest conversation about mental health and healing through creativity. Learn coping skills and ways to recognize when you or others are struggling. This presentation will be 30 minutes followed by Q & A.

Place: ICP Main 2178

Space is limited so please reserve a spot using the following link:

www.eventbrite.ca/e/coping-through-creativity-tickets-621817632277



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