

Mental Health Awareness Week

May 6-10



Presenting the Dimensions of Well-being:
Spiritual, Emotional, Physical, Social and Mental Well-Being.

Monday May 6

6:00am

(Cafeteria
Courtyard)

Sunrise Ceremony

Join Elder Kerry McLaughlin for a Pipe, Smudge, and Drumming Ceremony.

11:45am - 12:15pm

(Outside the
Front Entrance /
Courtyard)

Mental Health March

Ceremony presentations, including traditional drumming, followed by a march around the building.

Tuesday May 7

9:00am

(Cafeteria
Courtyard)

Smudging

Join Elder Kerry McLaughlin for a Smudging Ceremony and drumming.

Wednesday May 8

**12:00 - 12:30pm
OR 12:30 - 1:00pm**

(Auditorium B)

Sound Healing

Join Gary Savitsky for relaxation, healing, and stress relief through sound therapy.

Thursday May 9

6:30pm - 9:00pm

(Auditorium
A & B)

Rising Stars: Talent & Art Show

Join us for an evening of talent and art.

Free admission.

*Donations
welcome for new
socks and gently
used clothing.*

Register for this event through Eventbrite or by scanning the QR code below:



Friday May 10

12:00 - 1:00pm

(ICP Main,
Room 2178)

Therapy Dogs

Drop-in visits with the St. John Ambulance Therapy Dogs. Coffee will be served.

Everyday

11:00am - 1:00pm

(Outside of Seasons Gift Shop)

Pop-Up Expo

Stop by to say hello to our external partners who will be sharing resources.



Thunder Bay Regional
Health Sciences
Centre