

Mental Health Awareness Week

May 5 to 9

**All staff
Welcome!**

Healing Through Expressions

Monday May 5

Opening Ceremonies

Join us as we kick off Mental Health Awareness Week. There will be opening remarks, a Drumming and Smudging Ceremony, coffee and light refreshments.

Time:

12 p.m. – 1 p.m.

Location:

Back of Cafeteria & Courtyard Outside of Cafeteria (weather permitting)

Tuesday, May 6

Lunch, Learn and Laugh

Get ready for a blend of insights, humour, and mindfulness. You can attend for 30 minutes (starting at 11:30 a.m. or 12 p.m.) or stay for the full hour. Lunch will be provided at 12 p.m.

Time:

11:30 a.m. – 12:30 p.m.

Location:

Auditorium A & B

Wednesday, May 7

Dynamic Discussions with Clinicians

Come learn about the TBRHSC Brief Intervention Treatment Team (BITT) through a question-and-answer discussion.

Time:

12 p.m. – 1 p.m.

Location:

Auditorium A & B

Thursday, May 8

Performing Arts Show

Join us for an inspiring event showcasing various talents. Donations are welcome for new socks and gently used clothing for our Hospital clothing cupboard.

Time:

6:30 p.m. – 9 p.m.

Location:

Auditorium A & B

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



Friday, May 9

Rest and Relaxation Hour

Come unwind in our calming break space with your colleagues to enjoy a cup of coffee and visit with some therapy dogs.

Time:

12 p.m. – 2 p.m.

Location:

Auditorium A & B

Look out for our table display at the bottom of the Grand Staircase.



Thunder Bay Regional
Health Sciences
Centre

Questions? Please email: Kristine.koshowski@tbh.net
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