

Mental Health Awareness Week

May 4 to 8, 2026

All staff
Welcome!

Mental Health Together

Monday, May 4

Coffee and Conversations with the Committee

Stop by for coffee or tea, with the opportunity to connect with our Committee Members for quick conversations and resources about mental health and substance use health.

Time:
9 a.m. to 2 p.m.

Location:
Bottom of the Grand Staircase

Tuesday, May 5

Balanced Bites: Combining Expert Nutrition Tips and Yogurt Parfaits

Join us for a presentation by Sarah Miller, Registered Dietitian. Stick around after for a build-your-own yogurt station!

Time:
12 p.m. to 1 p.m.

Location:
Auditorium A & B

Wednesday, May 6

Wear Green for Awareness

Show your support for mental health awareness and wear green!

Thursday, May 7

Trivia Night

Put your trivia skills to the test! Bring a team of four to six friends or sign up solo, and we'll match you with a team. Compete, have fun, and play for a chance to win prizes!

Time:
Doors open at 7:15 p.m.

Location:
Auditorium A & B

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



Friday, May 8

Enhancing Wellbeing Through Pet Therapy

Come enjoy our calming break space, with coffee, music, and the St. John Ambulance Therapy Dogs.

Time:
11:30 a.m. to 1:30 p.m.

Location:
Auditorium A & B

Look out for our table display at the bottom of the stairs



Thunder Bay Regional
Health Sciences
Centre

Questions? Please email: danielle.reszitynk@tbh.net