



#GetLoud

about what mental health really is.

CMHA Mental Health Week

May 7-13, 2018

Mental Health Week Events

MAY 7 EVENTS

The first day of Mental Health Week 2018 (also the last day of BC Youth Week) is focused on children and youth

LUNCH & LEARN - Emotional Regulation for Children & Youth

Details:

Monday, May 7, 11:30 a.m. – 1:30 p.m.

Nanaimo Child Development Centre, 1135 Nelson Street, Nanaimo

\$5 General Admission OR FREE: No income, low income, prefer not to pay

[Register Online www.mid-island.cmha.bc.ca](http://www.mid-island.cmha.bc.ca) Walk ins welcome if registration is not full

HEADTALK: From Red to Green: Emotional Regulation for Children & Youth

Details:

Monday, May 7. 6:30 – 8:30 p.m. **TIME CHANGED**

Nanaimo Child Development Centre, 1135 Nelson Street, Nanaimo

\$5 - General Admission OR FREE - No income, low income or prefer not to pay

[Register Online www.mid-island.cmha.bc.ca](http://www.mid-island.cmha.bc.ca) Walk ins welcome if registration is not full

*Limited Child-minding is available. All children need be pre-registered by May 5.

Please register your child at: <https://www.surveymonkey.com/r/NCDCHeadtalk>

MAY 8 EVENTS

This day of events, with a focus on Compassionate Action, brings together multiple agencies providing mental health and substance use programs and services; and programs and services for people experiencing homelessness.

PROFESSIONAL DEVELOPMENT WORKSHOP - Hearing Voices

Details

8:30 a.m. – 9:30 a.m.

Beban Park Social Centre, Auditorium A and B, 2300 Bowen Rd, Nanaimo

\$5.00 General Admission OR FREE: No income, low income, prefer not to pay

[Register Online www.mid-island.cmha.bc.ca](http://www.mid-island.cmha.bc.ca)



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LUNCH AND LEARN: Compassionate Action Training and Resources

DON'T FORGET YOUR LUNCH!

*Participants will receive a Naloxone Kit

Details:

11:00 a.m. – 1:00 p.m. **TIME CHANGE (originally scheduled to start at 11:30 a.m.)**

Beban Park Social Centre, Auditorium A and B, 2300 Bowen Rd, Nanaimo

\$5.00: General Admission OR FREE: No income, low income, prefer not to pay

[Register Online www.mid-island.cmha.bc.ca](http://www.mid-island.cmha.bc.ca) Walk ins welcome if registration is not full

HEAD TALK and A COMMUNITY CONVERSATION—COMPASSIONATE ACTION—Mental Health & Substance Use

*First 200 people to register will receive a set of four BC Government #StopOverDose posters.

Details:

May 8, 1:30 – 4:30 p.m.

Beban Park Social Centre, Auditorium A and B, 2300 Bowen Rd, Nanaimo

FREE

[Register Online www.mid-island.cmha.bc.ca](http://www.mid-island.cmha.bc.ca) Walk ins welcome if registration is not full

MAY 9 EVENTS

Good Food Good Mood - Mental Health Nutrition is feature topic of this day.

COOKING WORKSHOP - Cooking for Mental Health on a Budget (x2)

Do you want to learn ways to shop and cook for mental health on a budget? Join us at Nanaimo Foodshare and learn while you cook and eat.

Details

May 8, 11 a.m. – 1 p.m.

Nanaimo Foodshare, 271 Pine St, Nanaimo

\$5 General Admission

[Register Online www.mid-island.cmha.bc.ca](http://www.mid-island.cmha.bc.ca) (May 8, 11 a.m. – 1 p.m.) OR [Register](http://www.mid-island.cmha.bc.ca)

[Online www.mid-island.cmha.bc.ca](http://www.mid-island.cmha.bc.ca) (May 9, 3:30 – 5:30 p.m.)



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safeTALK Suicide Prevention Workshop

Details

May 9, 1:00 – 4:30 p.m.

Salvation Army, 505 Eighth Street, Nanaimo, BC

\$10.00 Discount Price During Mental Health Week

[Register Online www.mid-island.cmha.bc.ca](http://www.mid-island.cmha.bc.ca)

HEADTALK - Good Food Good Mood - Eating for Mental Health

Details

May 7:30 p.m. - 9:00 p.m.

Gabriel's Gourmet Café, 39 Commercial St, Nanaimo

Thank you to Gabriel's Gourmet Cafe for opening your doors for this event. (Sorry to say there will be no food service during this Head Talk.)

\$5.00 General Admission. (All proceeds go to Nanaimo Foodshare). OR FREE: Low income, no income, prefer no to pay

[Register Online www.mid-island.cmha.bc.ca](http://www.mid-island.cmha.bc.ca) Walk ins welcome if registration is not full

MAY 10 EVENTS

There's An App for That! Online Mental Health Resources/Apps.

HEADTALK - There's an App for That: Online Mental Health Resources/Apps

Details:

May 10, 7-9 p.m.

The Buzz Coffee House, 1861 Dufferin Crescent, Nanaimo

Thank you to The Buzz for opening your doors for this event!

\$5.00 General Admission. OR FREE: Low income, no income, prefer not to pay

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MAY 11 EVENT

safeTALK Suicide Prevention Training is the focus of our last day of events.

WHAT: safeTALK Suicide Prevention Workshop

Details:

May 11, 9:00 a.m. - 12:30 p.m.

Beban Park Social Centre

Room 3 2300 Bowen Rd,

Nanaimo, BC V9T 3K7

\$10.00 Discount Price During Mental Health Week

Register Online www.mid-island.cmha.bc.ca

Not able to register online. Need information?

Contact CMHA Mid-island

T: 250-244-4042 X. 101 E. info.midisland@cmha.bc.ca