

# #GetLoud

about what mental health really is.

Join us for **Mental Health Week** at H0pe May 6-12th!

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## Mental Health First Aid Basic

*Registration closed! Contact us for future courses*

*Friday, May 3rd & Friday May 10th, 9:00 AM - 4:00 PM*

*H0pe Centre Telfer Burke Room*



## Mental Health Marketplace *art show and sale*

*Monday May 6th, 10:00 AM - 4:00 PM*

*H0pe Centre Atrium*

Craftspeople and artists in our community will be displaying their creations for sale all day in the atrium! Come see, shop, and support! Fine art, pottery, floral arrangements, knitted accessories and more!



## Peer Support -- Restoring Mental Health in a Fractured World

*Tuesday May 7, Noon - 1:30 PM*

*H0pe Centre Atrium*

Discover a new perspective on mental wellness services, and acknowledge the necessity and healing power of peers supporting peers. Presented by Debbie Sesula (VCH Peer Support Coordinator), Claire Ramsfield and Spencer Curran (Foundry Peer Supporters).

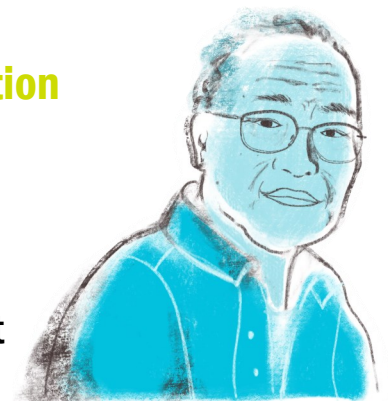


## Meet Your North Shore **Canadian Mental Health Association**

*Thursday May 9, 10:00 AM - 4:00 PM*

*North Vancouver City Library lobby*

Come say "hi" to our resource centre staff and volunteers at our information table in the library! We'll be sharing information about mental health and north shore mental wellness resources.



## Mental Wellness **Open Mic Night**

*Thursday May 9th, 6:30 PM - 8:30 PM*

*H0pe Centre Atrium*

Join us to perform your musical or spoken word pieces in a supportive environment. Contact the Resource Centre if you are interested in performing, or come enjoy the show!



Canadian Mental  
Health Association  
North and West Vancouver



Kelty Dennehy  
Mental Health Resource Centre  
*H0pe for Mental Health*

North  
Vancouver

**City Library**