

EVENTS CALENDAR

MAY 6

CMHA Colchester East-Hants Branch

Random Acts of Kindness Day: Do something nice and unexpected today and share it on the CMHA Colchester East Hants Facebook page.

LIVE RECORDING of Sam Madore's Let's Overthink About It: Exploring Self and Community Compassion with Susan Henderson and Sarah Flemming

Time: 6:30 p.m. to 8:00 p.m. on Zoom

MAY 7

CMHA Nova Scotia Division

LUNCH AND LEARN: Creating Compassionate Workplaces with Tracy Hiltz

Time: 12:00 p.m. to 1:00 p.m. on Zoom

CMHA Colchester East-Hants Branch

Be kind to Yourself Day: Spend some time taking care of your mental health and come in for some self-care.

Wellness Walk at Victoria Park in Truro | 2:00 to 3:00 p.m.

Auricular Acupuncture | 3:30 to 4:30 p.m.

Self Care Hour | 3:30 to 4:30 p.m.

Mental Health Support Group | 5:00 - 6:00 p.m.

MAY 8

CMHA Colchester East-Hants Branch

Community Connection Day:

Bowls for Balance Fundraising Event: Purchase a beautiful homemade bowl along with lunch and beverage for \$25.

Time: 11:00 a.m. - 2:00 p.m.

Where: Colchester East Hants Branch in Truro

SafeTALK Training for SANE Nursing Team | 6:30 to 8:30 p.m.

Where: Colchester East Hants Branch in Truro

CMHA Nova Scotia Division

Lunch and Learn: Overcoming Compassion Fatigue with Naj Siritsky

Time: 12:00 - 1:00 p.m. on Zoom

WORKSHOP: Unpacking Compassion: Keys to Effective Peer Support with Junior Moaku

Time: 6:30 p.m. to 8:00 p.m. on Zoom

MAY 9

CMHA Halifax Dartmouth Branch

FREE EVENT: Coffee House with Mike and Larry

Where: 2020 Gottingen Street

Time: 2:00 p.m.- 4:00 p.m.

CMHA Nova Scotia Division

Lunch and Learn: A kinder world starts with self-compassion: tools for fostering compassionate youth with Carly Hominuk

Time: 12:00 p.m. to 1:00 p.m. on Zoom

CMHA Colchester East-Hants Branch

Get Grounded Day:

"Get Grounded" Plant, Yard Sale and BBQ Fundraiser

Time: 11:00 a.m. to 2:00 p.m.

Where: Colchester East Hants Branch in Truro

MAY 10

CMHA Colchester East-Hants Branch

Kindness Connection Day: Create and send a homemade card to someone special.

Time: 3:00 to 4:30 p.m.

Where: Colchester East Hants Branch in Truro



Canadian Mental
Health Association
Halifax-Dartmouth



Canadian Mental
Health Association
Nova Scotia
Mental health for all



Branching Out
Colchester East Hants - Canadian Mental Health Association