National Mental Health Week

Unmasking Mental Health

Celebrating Mental Health Week together! 10 Paris Drive, Unit 6 Elliot Lake ON 705-848-2879



Monday May 5th/2025

Tuesday May 6th/2025

Monday May 5 [™] /2025			Tuesday May 6 th /2025			
EVENTS			EVENTS			
Unmask mental Health together as a community	Come enjoy FREE brunch at Club 90 with presentations to follow	12pm- 3pm	Community BBQ/Open House	information tables from East Algoma Mental Health, Seniors Mental Health Program and Alzheimer Society		
Presentation by Larry's Place the men's shelter on unmasking stigma in a community	Men who survived addictions and mental health will unmask and tell their personal story through their eyes	1pm	Presentation-Counselling Centre of East Algoma on Unmasking Mental Health	Unmasking anxiety with coping strategies		
Presentation by James on his personal experience with Stigma	James will talk to us about unmasking the stigma by taking the first step to get help and how he copes with mental health		Our Gift to you	Come to Club 90 to plant Daisy seeds in disposable pots to plant at home to watch Mental Health Grow		
Wednesday May 7 th /2025			Thursday May 8 th /2025			
EVENTS			EVENTS			
Showing our true self Talent Show with our friends from Karis	Come enjoy a free show put on by Club 90 and Karis	1pm	Presentation from the Counselling Centre of East Algoma on Unmasking Mental Health	Unmasking depression with coping strategies		
Community Lunch	Enjoy sandwiches, salads and refreshments	2pm- 3:30pm	Community activities create your own mask to unmask mental health	On front of mask draw how people see you. On back of mask write or draw how you feel on the inside		
Movie "Cake" hiding behind a mask Starring Jennifer Aniston	Jennifer Aniston performance that shows how pain (mental and physical) is often hidden behind a mask of control.	2pm	Peel back your mask	Step into your Identity With makeup or face painting Done by Melanie		
Friday May 9 th /2025						
EVENTS						
What is unmasking? Come join the mental Health unmasking Challenge	It can be hard to know where to start when it comes to removing the mask that you may have been wearing for a long period of time. Proactive Measures to Remove Mask Join us at Club 90 to learn how to be your true self with	н	MENTAL HEALTH WEEK UNMASKING MENTAL HEALTH			
	Unmask mental Health together as a community Presentation by Larry's Place the men's shelter on unmasking stigma in a community Presentation by James on his personal experience with Stigma Wednesda EVENTS Showing our true self Talent Show with our friends from Karis Community Lunch Movie "Cake" hiding behind a mask Starring Jennifer Aniston Friday I EVENTS What is unmasking? Come join the mental Health unmasking	Unmask mental Health together as a community Presentation by Larry's Place the men's shelter on unmasking stigma in a community Presentation by James on his personal experience with Stigma Wednesday May 7 th /2025 EVENTS Showing our true self Talent Show with our friends from Karis Community Lunch Movie "Cake" hiding behind a mask Starring Jennifer Aniston What is unmasking? Come join the mental Health unmasking Challenge What is unmasking? Come join the mental Health unmasking Challenge Come enjoy a free show put on by Club 90 and Karis Come enjoy a free show put on by Club 90 and Karis Come enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Come enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 and Karis Lome enjoy a free show put on by Club 90 to learn	Unmask mental Health together as a community Presentation by Larry's Place the men's shelter on unmasking stigma in a community Presentation by James on his personal experience with Stigma Wednesday May 7 th /2025 EVENTS Showing our true self Talent Show with our friends from Karis Community Lunch Movie "Cake" hiding behind a mask Starring Jennifer Aniston What is unmasking? Come join the mental Health unmasking Challenge Come ioin the mental Health unwasking Challenge Come enjoy a free show put on by Club 90 and Karis 12pm 3pm 12pm 3pm 12pm 3pm 1pm 1pm 1pm 1pm Come enjoy a free show put on by Club 90 and Karis 1pm 2pm 3:30pm 1pm 1pm 1pm 2pm 3:30pm	Unmask mental Health together as a community Presentation by Larry's Place the men's shelter on unmasking stigma in a community Presentation by James on his personal experience with Stigma Presentation by James on his personal experience with Stigma Wednesday May 7 th /2025 EVENTS Showing our true self Talent Show with our friends from Karis Community Lunch Movie "Cake" hiding behind a mask Starring Jennifer Aniston Friday May 9 th /2025 EVENTS It can be hard to know where to start when it comes to removing the mask that you may have been wearing for a long period of time. Prosactive Measures to Remove Mask Join us at Club 90 to learn how to be your true self with the personal story through their eyes 12pm 3pm Community BBQ/Open House Community BBQ/Open House Community BBQ/Open House Community BBQ/Open House Community bit presentation to any mental centre of East Algoma on Unmasking Mental Health Presentation-Counselling Centre of East Algoma on Unmasking Mental Health Presentation-Counselling Centre of East Algoma on Unmasking Mental Health Community Lunch Fresentation-Counselling Centre of East Algoma on Unmasking Mental Health Presentation-Counselling Centre of East Algoma on Unmasking Mental Health Community Styphous Presentation-Counselling Centre of East Algoma on Unmasking Mental Health Community Styphous Presentation-Counselling Centre of East Algoma on Unmasking Mental Health Community Styphous Presentation-Counselling Centre of East Algoma on Unmasking East Algoma on Unmasking Styphous Ipm Presentation-Counselling Centre of East Algoma on Unmasking East Algoma on Unmasking Mental Health Community Styphous Presentation-Counselling Centre of East Algoma on Unmasking East Algoma on Unmasking the stigma by taking the first step to get help and how be eye swith mental health Community Styphous Ipm Community Styphous Ipm Community Styphous Ipm Community Styphous Ipm Styphous Ipm Styphous Ipm Styphous Ipm Styphous Ipm Styphous Ipm Ipm Styphous Ipm Ipm Ipm		

the mask