

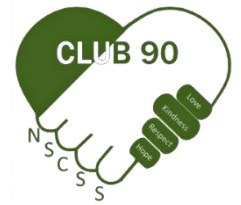
National Mental Health Week

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

EVENTS			EVENTS		
11am	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
12pm	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
2pm	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

Wednesday May 7th/2025

Thursday May 8th/2025

EVENTS			EVENTS		
11am-12pm	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
1pm-2pm	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
2:30pm	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 9th/2025

EVENTS		
1-3pm	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 different activities to remove the mask



