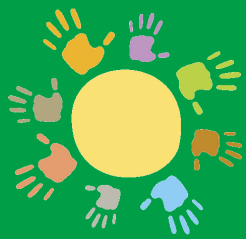


# CHILD & YOUTH MENTAL HEALTH WEEK 2014



Hands | Mains

[TheFamilyHelpNetwork.ca](http://TheFamilyHelpNetwork.ca)

[LeReseaudaideauxfamilles.ca](http://LeReseaudaideauxfamilles.ca)

For more information on CYMH Week activities  
or how Hands can help your family, contact us:

**1-800-668-8555**

[www.thefamilyhelpnetwork.ca](http://www.thefamilyhelpnetwork.ca)

[info@handstfhn.ca](mailto:info@handstfhn.ca)

**Saturday  
May 3**

**Family Picnic & BBQ (11:00am - 2:00pm)**

Join us in Sturgeon Falls for a great family event! Stop by for a free BBQ and lots of activities for the kids.

**Hands Sturgeon Falls office: 65 Queen Street, Sturgeon Falls**

**SUNDAY  
May 4**

**Free Family Swim for Wellness (2:00pm - 4:00pm)**

Bring the whole family for a free family swim sponsored by Hands! Staying physically well as a family is an important part of staying mentally well!

**YMCA North Bay, 186 Chippewa St. West**

**MONDAY  
May 5**

**WAVE for Mental Health Week (8:00am - 9:00am)**

Hands and our partners are going to "Beat the Monday Blues" by waving to commuters Monday morning! Show your support by giving us a wave!

**Lakeshore Drive Overpass, North Bay**

**Behaviour Management Workshop\* (6:00pm - 9:00pm)**

Registration required: please call 705-476-2293.

**West Nipissing Community Mental Health Centre: 145 Main St., Sturgeon Falls**

**Tuesday  
May 6**

**Behaviour Management Workshop\* (1:00pm - 4:00pm)**

Registration required: please call 705-746-4293.

**Hands Parry Sound office: 2 May Street, Parry Sound**

**Wednesday  
May 7**

**Behaviour Management Workshop\* (12:00pm - 3:00pm)**

Registration required: please call 705-476-2293.

**Hands North Bay office: 222 Main St. E. North Bay**

**THURSDAY  
May 8**

**Positive Mental Health Workshops (1:00pm - 4:00pm)**

Drop in and enjoy interactive stations designed to support positive mental health in families with a focus on infant mental wellbeing.

**Early Years Center, Parry Sound Mall**

**Mind Over Matter (9:00am - 3:00pm)**

One-day program for a pre-selected group of 40 AHSS students featuring hands-on learning initiatives focusing on cognitive behavior skill development.

**Almaguin Highlands Secondary School, South River**

*\* Behaviour Management Workshops: Participants will learn strategies to decrease negative behaviour and respond to challenging behaviours.*