



**MENTAL HEALTH WEEK IS  
TAKING PLACE MAY 7TH-11TH**

Please join us for a **short walk** held at each base/wing to help support and increase awareness around mental health.

**One in five** Canadians live with mental health problems, mental illnesses or addiction. But the reality is, five in five of us have mental health, just like we all have physical health!

We can all benefit from celebrating, promoting and acknowledging the role that good mental health plays in living a full and meaningful life.

Everyone deserves to feel well, whatever their mental health experience. And we all need a support system

**WHEN?**

Wednesday May 9, 2018 12:05-12:30

**WHERE?**

**STADACONA**

BBQ area by S90

Contact: Marlyn Hazelden, EAP

**WILLOW & WINDSOR PARK**

Front doors of MFRC

Contact: Brittany Conrad HP

**DOCKYARD**

Front of EAP office D126

Contact: Holly Scothorn, EAP or Bert Bertolo, EAP

**12 WING SHEARWATER**

Shearwater Fitness and Sports Centre

Contact: Cpl Jason Rogers or Karen Wilkins, EAP

