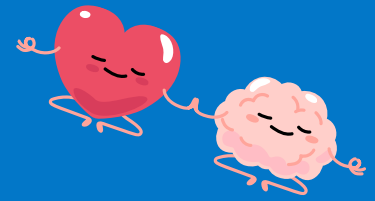


# THE MIND MATTERS NEWSLETTER



Hello from your friends at the CMHRC!

## Follow us on Social Media!



CMHRCATVCU

## MANY GREAT OPPORTUNITIES TO SHOW YOUR SUPPORT IN SEPTEMBER!

### Month long Awareness Events:

- Suicide Prevention Month
- National Self-Care Awareness Month

### Day long Events:

- World Suicide Prevention Day (September 10th)
- R U OK DAY (September 12th)
- Positive Thinking Day (September 13th)
- WHO World Patient Safety Day (September 17)

## September's Event



On September 7th 2024, we invite all to join us for a very special event that is near and dear to our hearts the annual Speak up 5K Walk. This event is held every year, and focuses on advocating for mental health, fighting the stigma that comes with mental health and supports teen mental health

## OUR MINDFULNESS CORNER August's CMHRC Activity:

This month at the center enjoy challenging our patients to a game of Jenga!



SCAN ME



JOIN OUR 5K TEAM AT THE SPEAK UP 5K WALK



CMHRC