

# Mental Health Awareness Week

**R** Registration required

**\$** Payment required

## All Week








- Mental Health Out Loud Showcase @ Route 22
- Pathways to Mental Health @ Riverside Park

- Free group classes @ SLS
- Drop-in @ The CLUB Teen Space

## All Ages

<b>RS</b> May 3 1 - 3 p.m. All Ages  Gardening for Life @ TBD	May 4 6:45 - 7:30 p.m. All Ages  Anxiety 101 @ Cochrane Public Library	May 5 Varies All Ages  Red Dress Day @ Wazin Ichinabi Ti	May 5 12 - 1 p.m. All Ages  Community Lunch @ St. Andrew's United Church	<b>R</b> May 5 4 - 5:30 p.m. All Ages  Puppy Yoga @ Alchemy Yoga	May 5 6 - 7 p.m. All Ages  Drumming Circle @ Wazin Ichinabi Ti	<b>R</b> May 6 Tix avail. Apr 28 All Ages  Free Movie Night @ Cochrane Movie House	<b>R</b> May 6 12 - 1 p.m. All Ages, 12+  Community Helpers Lunch @ The Station
<b>R</b> May 6 6 - 7 p.m. All Ages  Puppy or Kitten Snuggle Session @ Ascend Pediatrics	May 6 6 - 7:30 p.m. All Ages  Mental Health Out Loud Student Reception @ Route 22	<b>R</b> May 7 12 - 2:30 p.m. All Ages, 16-29  Expressive Arts @ Urgent Care Building	May 7 1 - 2 p.m. All ages  Coffee & Conversation with Big Hill Haven @ Found Books	<b>R</b> May 7 6:30 - 7:30 p.m. All ages, 12+  Yin/Restorative Yoga @ Ascend Pediatrics	<b>R</b> May 7 6:30 - 8 p.m. All Ages  Exploring Emotions in Color & Line @ Route 22	<b>R</b> May 7 7 - 8:30 p.m. All Ages  Healing the Stress/Injury Cycle @ Riverside Sports Therapy	May 8 6 - 9 p.m. Queer BIPOC Friendly, 16+  Library After Dark with YAP Social @ Cochrane Public Library
May 9 10 a.m. All Ages  Movie Night @ Cochrane Movie House	May 9 10:30 - 11:30 a.m. All Ages  Lets Go Lego @ Cochrane Library	<b>RS</b> May 9 11 a.m. - 12 p.m. All Ages  Breathe and Dance for Stress Relief @ FCSS	<b>R</b> May 9 1 - 2:30 p.m. All Ages  Open House and Tour @ Spirit Winds Ranch	<b>R</b> May 9 2 - 4 p.m. All Ages  Open House and Tour @ Wayfinder Wellness	<b>R</b> May 9 4 - 5:30 p.m. All Ages  Oh, the Places We'll Go @ Ranchehouse	<h3>Learn More</h3> 	

## Children and Youth

May 5 2 - 5 p.m. Youth, 12-17  Sculpt your own Worry Monster @ The CLUB	May 6 3 - 5 p.m. Youth, 12-17  DIY Stress Balls @ The CLUB	May 7 9:30 - 11:30 a.m. Children, 0-6  Rumble and Roar @ Bragg Creek Community Association	May 7 3 - 5 p.m. Youth, 12-17  Follow Along Yoga @ The CLUB	May 8 1 - 5 p.m. Youth, 12-17  Zen Garden Making @ The CLUB	<b>R</b> May 9 9:30 - 10:45 a.m. Children, 0-6  Gone Fishin': Daddy and Me @ Mitford Pond	<b>R</b> May 9 1 - 2:15 p.m. Children, 0-6  Shake, Sparkle and Shine @ FRN
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## Adults

<b>R</b> May 3 2 - 3:30 p.m. Women  Shifting Your Inner Conversations @ Maliya Wellness	<b>R</b> May 4 1 - 4 p.m. Seniors, 50+  Painting for Mental Health @ Seniors on the Bow	May 4 2 - 3 p.m. Seniors, 50+  Coffee Chat @ Big Hill Lodge	<b>R</b> May 4 7 - 9 p.m. Men  Men's Circle (ManUP) @ Alchemy Yoga	<b>R</b> May 6 10 - 11:30 a.m. Professionals  Women's Mental Health for Professionals @ Urgent Care	<b>R</b> May 6 10 - 11:30 a.m. Adults  Tattoos and Mental Health @ The Yurt	<b>R</b> May 6 1:30 - 3 p.m. Adults  Living with Grief @ Cochrane Library
May 7 10 a.m. - 12 p.m. Adults  Knitters and Knatters @ Cochrane Library	<b>R</b> May 7 6 - 7:30 p.m. Adults  Brushes & Breath: Caregiver Self-Care @ Cochrane Library	May 7 3 - 4:30 p.m. Newcomers  Heart and Home @ Frank Wills Hall	<b>R</b> May 8 10 a.m. - 12 p.m. Seniors, 50+  Movement and Mood Boost Morning @ Cochrane Library	<b>RS</b> May 8 6:30 - 8:30 p.m. Women, 21+  Sip and Talk @ Vinter's Cellar	<b>RS</b> May 8 7 - 9 p.m. Adults  We Are Cochrane @ Found Books	May 9 10:15 - 11:45 a.m. Adults  Dying for Conversation @ Cochrane Library

## Partners

