

# Invest in Yourself

...Healthy Living through Tough Times.

## Mental Health Week 2009 Activities

### **MONDAY** May 4

Work Life Balance  
12:00 - 1:00 P.M.  
Anhang Room  
Millenium Library

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### **TUESDAY** May 5

Enhancing and Maintaining Family  
Wellness in Stressful Times  
12:00 - 1:00 P.M.  
Anhang Room  
Millenium Library

Mental Health Works: Complex Problems,  
Clear Solutions for Frontline  
Managers and Supervisors  
9:00 A.M. - 4:00 P.M.  
Cost: \$225.00 per person  
To register contact: 953-2353

In Your Community: Tools for  
Workers in a Tough Economy  
1:00 - 4:00 P.M.  
UFCW Training Centre - 2nd Flr.  
880 Portage Avenue

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### **WEDNESDAY** May 6

Giving and Getting Back: Benefits of  
Volunteering  
12:00 - 1:00 P.M.  
Portage Place - Edmonton Court

Launch of Winnipeg Documentary "*The Way We See It*"  
An exploration of the journey of four families dealing  
with mental illness by the Provincial Council of Women  
of Manitoba, Micah House and Morningside Productions.  
7:00 - 9:00 P.M. St. Mary's Academy

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### **THURSDAY** May 7

Smart Budgeting through Tough Times  
Community Financial Counselling Service  
12:00 - 1:00 P.M.  
4 Fort Street

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### **FRIDAY** May 8

West Broadway Community Wellness Expo:  
Activities for all Ages  
5:00 - 8:00 P.M.  
West Broadway Community Centre  
185 Young Street

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### **SATURDAY** May 9

3rd Annual Andrew Dunn Memorial Walk-Run-Race  
Fundraiser for Mood Disorders Association of Manitoba  
9:00 A.M. Registration  
Bird's Hill Park at the Ranch  
To participate call Judy at 444-5228  
or go to [andrewdunn.org](http://andrewdunn.org)

Manitoba Schizophrenia Society 13th Annual Iris Gala  
for more information contact: 786-1616