



Canadian Mental
Health Association
Champlain East

#MyStory

CMHA Champlain East invites you to join us at the Flag Raising ceremony to celebrate mental health week 2023.

The theme #MyStory and wellness activities.



Cornwall, May 5th
10:30am - 12:00pm
Justice Building
340 Pitt Street

Free Lunch will be included.
Please register for this event.