

# Mental Health

CHECK OUT OUR LIST OF EVENTS MAY 5-11

# Week 2025

MONDAY

MAY

05

## Mental Health Week Proclamation

Join Mayor Katchur  
Mental Health Week  
📍 City Hall (10005 - 102 Street )  
🕒 1:00 pm

TUESDAY

MAY

06

## Be Kind, Embrace Your Mind

Join the Canadian Mental Health Association for a free 1.5-hour workshop on building and maintaining positive mental health. Learn how to recognize challenges, explore tools for support, and discover ways to care for yourself and others on the path to wellness.  
📍 West Rivers Edge Pavilion (River Valley Drive)  
🕒 10:00 - 11:30 am  
**MUST REGISTER** [bit.ly/MHW\\_May6](https://bit.ly/MHW_May6)  
Free up to 30 people

WEDNESDAY

MAY

07

## Art Therapy

Join Lush Moss Designs and Illustrious Interiors for an outdoor Art Therapy Meditation class that blends creativity and nature. Led by Brooke and Ashley, participants will create mixed-media moss frames in a hands-on session designed to encourage mindfulness, self-expression, and connection to the outdoors.  
📍 Turner Park Picnic Shelter (10701 - River Road)  
🕒 6:00 - 7:30 pm  
30 spots (Age 16+)  
**REGISTER** [FortSask.ca/MHWeek](https://FortSask.ca/MHWeek)

## Blooming Minds: Cultivating wellness through gardening

Fun for the whole family! Come discover the mental health benefits of gardening and bring home a plant! First come first serve, while supplies lasts.  
📍 Jubilee Park Community Garden (9406 99 Street)  
🕒 3:00 - 5:00 pm  
*Green thumbs not required!*

## Breathwork and Meditation Session

This 60-minute breath-work and meditation session uses gentle breathing, body scans, and calming visualizations to help you release stress, refocus, and find inner calm. Leave feeling relaxed, refreshed, and grounded in the present moment.  
📍 Fort Saskatchewan Library (10005 - 102 Street)  
🕒 12:00 - 1:00 pm  
*Bring a mat if you have one.*

## Movie: The Secret Life of Pets

📍 Fort Cinema (9922 - 100 Street)  
🕒 10:30 am  
**REGISTER** [bit.ly/MHW\\_May11](https://bit.ly/MHW_May11)

MAY

08

THURSDAY

MAY

09

FRIDAY

MAY

11

SUNDAY

# FREE Drop-In Fitness Classes all week!

Bring a friend and have some fun checking out all the great drop-in classes the Dow Centennial Centre and Harbour Pool has to offer. Registration is not required. Visit [fortsask.ca/MHWeek](https://fortsask.ca/MHWeek) for the full list of activities.



Scan here to register or  
visit [fortsask.ca/MHWeek](https://fortsask.ca/MHWeek)



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