

# END THE STIGMA

May 2-8 is Mental Health Week.

May 7 is Child and Youth Mental Health Day.

## CHILD AND YOUTH MENTAL HEALTH DAY BENEFIT

### MAY 2-MAY 5

Answer daily questions correctly for a chance to be entered in a raffle. The winner will be drawn at the end of the benefit so be sure to attend!

Up to one correct answer per day

### MAY 6 AT LUNCH

Join us under the overhang outside the MPR to listen to a guest speaker and participate in fun activities on the field.

10-20% of Canadian youth are affected by a mental illness or disorder

Statistic from Canadian Mental Health Association

