



PRENEZ COURAGE BE BRAVE AAKODE'EN
TENDEZ LA MAIN REACH OUT WIINDAAGEN
DITES-LE SPEAK UP GIIGIDAN



Mental Health
Commission of
Canada

Commission de la
santé mentale du
Canada

**LA TÊTE HAUTE
HEADSTRONG
Mshkowendan**

Save the Date

HEADSTRONG SUMMIT

Tuesday, October 24, 2023

8:30 am to 3 pm

Cambrian College

This mental health initiative has been launched across Canada to teach students how to recognize the signs of mental health and reduce the stigma.

Students will be inspired to become leaders to foster wellness in their schools.

Each secondary school will send 4-5 students to the Summit.

Please save the date and watch for more details coming this fall.

