

HP MAY PROGRAMS

2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
@healthpromotionpetawawa healthpromotionpetawawa@cfmws.com						
3	4	5 Substance Use 0900-1000	6	7 Managing Angry Moments Part 2 0900-1400	8	9
10 	Closed for Staff Training					16
17 	18	19	20	21 Inter-Comm 0900-1200	22	23
24	25	26 RitCAF 0800-1600	27	28 Mental Fitness & Suicide Awareness 0800-1600	29	30
31						



Mental Health Week
May 4-10
 Visit mentalhealthweek.ca

Stronger connections,
 better mental health.

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