



# CHILDREN'S MENTAL HEALTH WEEK 2026

***Come Together. Stronger Connections. Better Mental Health.***

***1900 Sheppard Avenue West***

**MON  
4 MAY**

- 9:15–11:00 AM & 1–2:30 PM : Children's Mental Health Fair
- 3:00–4:00 PM : Hold Them Both: Watch Party (Virtual)
- All Day: Wear Green

**TUE  
5 MAY**

- All Day : Myths and Truths : Breastfeeding and Formula Feeding

**WED  
6 MAY**

- 10:00–11:30 AM : Read, Feel, Grow! Building Strong Minds Through Stories, Culture, and Connection
- 3:00 – 3.45 PM: Yoga Session (Virtual)

**THU  
7 MAY**

- 10 AM–12 PM: Creating Structure and Routines (Virtual)

**FRI  
8 MAY**

- 10–11 AM: Strollin' & Smilin' Walk
- 11 AM to 2 PM: Strollin' & Smilin' Picnic



**For more info & registration:**

**Phone: 416 806-0682**

*This week is for you and your child.*

*Come by, connect, and grow together—one moment at a time.*