



CMHA  
Mental Health Week  
**#GetReal**  
May 4-10, 2020



“May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.” - Romans 15:13

Activity/Day	Monday	Tuesday	Wednesday	Thursday	Friday
Subthemes	Our Hope in Christ	The Hope Within Us	The Hope Among Us	Hope for the World	A Future Full of Hope
Scriptural Theme	<a href="#">Psalm 39:7</a> Hope in the Lord	<a href="#">Romans 15:13</a> The God of Hope	<a href="#">1 Corinthians 13:13</a> Faith, Hope, & Love	<a href="#">1 Corinthians 13:7</a> Love	<a href="#">Jeremiah 29:11</a> God’s Plans for You
Catholic Education Week Daily Actions	Create a poster (or print <a href="#">this one</a> ) for Catholic Education Week and place it in your window.	Who is one person that gives you hope and why? Share with at least one person.	<a href="#">Watch the province-wide Catholic Education Week mass @ 10 am</a>	Paint a rock with a message that ignites hope. Place it where people can see it.	Bring hope to someone who needs it today. Give them a call or send a kind message.
Music	<a href="#">Hope (Chris Rait)</a>	<a href="#">Hope Comes Alive (Josh Blakesley)</a>	<a href="#">Song of Hope (Robbie Seay Band)</a>	<a href="#">Living Hope (Phil Wickham)</a>	<a href="#">Way Maker (Caleb and Kelsey)</a>
Mental Health Week Daily Actions	EMOTIONAL: Be Mindful	SOCIAL: Reach out to Others	SPIRITUAL: Pray	PHYSICAL: Be Active, Eat Healthy & Sleep	COGNITIVE: Notice the Good Things
Actions to Support Wellness	<a href="#">Early Years Resource</a>		<a href="#">Elementary Resource</a>	<a href="#">Secondary Resource</a>	
Social Media Promotion	<p><i>Wear green and share a selfie to remind everyone of the importance of Igniting Hope and positive mental health in our Catholic school communities. Use the hashtags below:</i></p> <p>Catholic Education Week: <a href="#">#ALCDSBCEW</a> and <a href="#">#CEW2020</a>            Mental Health Week: <a href="#">#ALCDSBMHW</a> and <a href="#">#GetReal</a> and <a href="#">#kidscantwait</a></p>				

[Livestream: Province-Wide Catholic Education Week Mass](#)

All are invited to participate in a mass celebrated by Cardinal Collins in Toronto on Wednesday May 6 @ 10 am. Click on the link above!

[Mental Health Week: Background Resources](#)

This important week is about: increasing awareness, decreasing stigma, and understanding that help is available and it works!