

YOU'RE INVITED TO

MIND MATTERS

A MENTAL HEALTH & WELLNESS EVENT

FREE LUNCH

THURSDAY, NOV. 13, 2025

11 a.m. – 2 p.m.

920 Ouellette Ave.

20 minute mini presentation sessions

Breaking the Silence: Men and Mental Health | 11:10 – 11:30 a.m.

Substance Use and Recovery: Local Pathways to Help | 11:45 a.m. – 12:05 p.m.

Mindfulness, Movement, and Mental Resilience | 12:20 – 12:40 p.m.

Navigating Mental Health Services in Windsor-Essex | 12:55 – 1:15 p.m.

WEC connect and Neighbourhood Safety Plans | 1:30 – 1:50 p.m.



Canadian Mental
Health Association
Mental health for all



HÔTEL-DIEU
GRACE
HEALTHCARE



WINDSOR
REGIONAL
HOSPITAL
OUTSTANDING CARE - NO EXCEPTIONS



WINDSOR ESSEX
COMMUNITY HOUSING



familyservices
WINDSOR-ESSEX
COUNSELLING & ADVOCACY CENTRE



Windsor Essex Community Health Centre
Centre de santé communautaire de Windsor Essex
weCHC
Healthcare for You
Des soins de santé pour vous



Life After Fire
Living well after an emergency

