



SPIRIT WEEK CALENDAR PRESENTED BY:



Jeff Lieberman

Join us for a week of daily activities facilitated by CMHA branches and folks from their communities throughout Manitoba. Each activity is roughly 30 minutes and is fit for all ages to enjoy. We kick off the week with Indigenous People's Day, followed by activities like yoga, weight lifting, cycling tips and much more!

Date	June 21 st	June 22 nd	June 23 rd	June 24 th	June 25 th	June 26 th	June 27 th
	Spirit Week (Virtual Programming)					Family Day presented by Manitoba Hydro	Ride Don't Hide
Activity	CMHA Thompson: National Indigenous Peoples Day Activities	CMHA Winnipeg: Cycling Safety	CMHA Winnipeg: Mental Health Benefits of Having Pets	CMHA Interlake Eastern: "Lift" Don't Hide - Fitness for Everyone	CMHA Parkland and The Pas: Yoga Time	Forest Family Fun with FortWhyte Alive	Ride Don't Hide & 330 Ride for Youth Mental Health

ACTIVITY DETAILS:

June 21st – CMHA Thompson National Indigenous People's Day

Description: *Bannock Making Two Ways: To Celebrate Indigenous People's Day, join Darlene Sayies (Homeless Outreach Mentor, CMHA Thompson and [Nanatowihō-Wikmik Thompson Homeless Shelter](#)) as she shares her family's coveted bannock recipe and how you can make it 2 different ways. [Link to follow here.](#)*

Host/Presenter: Darlene, HOM (homeless outreach mentor), CMHA



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June 22nd – CMHA Winnipeg: Cycling Safety

Description: *ABC Quick Bike Check with Bike Week Winnipeg. Want to know how to make sure your bike is road ready? Watch Bike Week Buddy from Bike Week Winnipeg as he presents how to do an ABC quick check on your bike. [Link to follow here.](#)*

Host/Presenter: Bike Week Winnipeg

June 23rd – CMHA Winnipeg: Mental Health Moments

Description: *Join CMHA Winnipeg for mental health moments that discuss the benefits of having pets, mental health tips, biking for well-being and joy jars.*

Host/Presenter: Sheryl Giesbrecht

June 24th – CMHA Interlake Eastern: "Lift" Don't Hide - Fitness for Everyone

Description: *Join the fine folks of [Iron Image Barbell Club](#) for a fun, accessible and engaging class to learn the 7 primal movements for a full body workout. Use items from around the house or full gym equipment to exercise your body and mind. This class is for everyone from the novice to experienced gym enthusiast!*

Host/Presenter: Iron Image (Selkirk)

June 25th – CMHA Parkland and The Pas: Yoga Time

Description: *[Yoga With Corinna](#) is a customized class for RDH participants specializing in the therapeutic and traditional teachings of yoga. This class is fun & accessible. All levels welcome!*

Host/Presenter: Yoga with Corinna



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June 26th – Forest Family Fun with FortWhyte Alive

Description: *Nature has a positive effect on your mental health. What you hear, see, and experience in nature can improve your mood. Join [FortWhyte Alive](#) as they talk about their zero emissions policy and take you on a short bike tour of the park.*

Host/Presenter: Fort Whyte

June 27th – Ride Don't Hide & 330 Ride for Youth Mental Health

Description: *Ride and raise funds, no matter where you call home in Manitoba! Look for suggested routes on your community's landing page - OR - dust off your stationary bike and clock your minutes - OR- watch your favorite bike movie in celebration of Ride Don't Hide - NO ONE is judging! 330 Ride for Youth Mental Health: CMHA Winnipeg RDH Ambassador Brandon Friesen, professional basketball player for Team Canada, Emily Potter and their siblings will be setting out for a 330+ km ride in support of Youth Mental Health. Fueled by Ride Don't Hide- MB Nourishment Partner, Red River COOP, they will start in Winnipeg, stop at the CMHA office in Gimli, and head to the iconic Lighthouse on Hecla Island to "refuel" and a photo op at this iconic landmark before his return back to Winnipeg. Folks from across Manitoba and beyond are welcome to join his fundraising team to help reach his goal of \$33,000. Ride with Brandon, Jordan, Emily and Becky Inside, Outside or In Spirit and in solidarity and set your goal to \$330 or even \$33 to help get one more youth in Manitoba the help they need! To join his team, register [here](#).*

Host/Presenter: N/A