



**Canadian Mental
Health Association**
Across Manitoba
Mental health for all



Bell
Let's Talk

BELL LET'S TALK DAY COFFEE AND CONNECTION

JANUARY 21, 2026

This time of year can feel lonely, connection matters.
Join the Canadian Mental Health Association (CMHA)
for coffee, connection, and conversation.

- Drop in, grab a coffee, and share a conversation
- Meet new people in a friendly setting

Take a moment for your mental health



12:00 to 2:00 pm



102 1st Street NW
Portage la Prairie MB



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cmhaacrossmb.ca