



**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.

In Thompson this day will be marked by:

- **Virtual Session hosted by the NRHA @ 12:30pm - 2:00pm**
- **Coffee & Connection (Drop-in for a coffee and share in a conversation) hosted by CMHA Thompson, 43 Fox Bay @ 2:00pm-3:00pm**

Take a moment for your mental health

FOR MORE
INFORMATION



204-677-6051 (Iris)



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43 Fox Bay
Connections Clubhouse



cmhaacrossmb.ca