



**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,  
lunch and share a  
conversation
- Meet new people in a  
friendly setting

## Take a moment for your mental health



12:00 to 2:00 pm



Echo 3

135 1 Ave SW, Dauphin



204-614-8544



[education@cmhaswanvalley.ca](mailto:education@cmhaswanvalley.ca)



[cmhaacrossmb.ca](http://cmhaacrossmb.ca)