



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**
 - **Understand what a mental health moment looks like**
- **Icebreakers, fun activities, and loads of laughter**

Take a moment for your mental health



10:30 a.m. to 1:30 p.m.



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