



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

## Take a moment for your mental health

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

 930 Portage Avenue,  
Winnipeg, MB

 204-982-6100

 [office@cmhawpg.mb.ca](mailto:office@cmhawpg.mb.ca)

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