



BE KIND

It's so good for our mental health
Mental Health Awareness Week 2020
4-11 October

SCHEDULE OF EVENTS

SUNDAY 4
to
SUNDAY 11
OCTOBER

Acts of Kindness Week

Perform acts of kindness for others or yourself. Share what kindness looks like in an essay, picture or poem to bekindbda@bhb.bm or tag us at #BEKINDBDA and give permission to share this on social media.

SUNDAY
4
OCTOBER

Mental Health Awareness Service with Beulah Tabernacle

Hosted virtually at 11:15am
Zoom ID 294 253 0819 Password: 399878

FRIDAY
9
OCTOBER

Be Kind BDA Grub Day

Wear green to support mental health. Post your photos on social media and tag #bekindBDA

SATURDAY
10
OCTOBER

WORLD MENTAL HEALTH DAY

SUNDAY
11
OCTOBER

KBB Cleanup

Arrange cleanup in your neighbourhood or join MWI at 9am on Devon Springs Road (Main Lobby)

MONDAY
12
OCTOBER

Mental Health Awareness Week Proclamation

12:30pm at City Hall, Hamilton



Listen in!

**Tuesday 6 October, 8am,
Focus - Early Childhood**

The Daily Hour on Facebook

Wednesday 7 October, 8am

Focus - School-Aged Children

The Daily Hour on Facebook

Wednesday 7 October, 8am,

Mental Health Promotion & Kindness, Health is Wealth with

Beverley Howell Magic 102.7 FM

Thursday 8 October, 8am,

Focus - Adults

The Daily Hour on Facebook

Kindness is so good for our mentalhealth