

## Call to be *Kind*

***May is Mental Health Awareness month.***

We all have the capacity to be compassionate, and we know that doing so can make an enormous difference. This year's Mental Health awareness is centered on the healing power of compassion. In a world plagued by suffering, we emphasize that kindness is equally intrinsic to our humanity.

**LAMBTON MENTAL WELLNESS CENTRE**  
**109 Durand Street**  
**Sarnia 519-344-5602**

- We have 140 active members
- We have 35 individuals everyday
- We do small breakfast every morning
- We do a hot lunch once a month
- Coffee mornings too
- We have peer to peer support programs for members
  - Anxiety support*
  - Bipolar support*
  - Essential coping skills*
  - Socialization programs*
  - Walking program, Art programs*
- and many, many more programs
- We are open Monday to Thursday  
1030 am to 230 pm

*We Thank you for your continued support.*

## Local Mental Health Contact Information

*Canadian Mental Health Association*  
*519-337-5411*

*Lambton Mental Health Crisis Centre*  
*519-336-3445*

***Farmer wellness initiative – 1-866-267-6255***

*<https://farmerwellnessinitiative.ca/>*

*If you or someone you care about needs help, call 1-866-267-6255 from the tractor, from the barn, or from the house at the end of a long day. 24/7, 365 days/year.*

Never give up on someone with a mental illness. When “i” is replaced by “we”, illness becomes wellness”.  
Shannon Alder

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