

Mental Health Moment

May 1st-7th is Children's Mental Health Week! Major landmarks, including the CN Tower, will turn green in support of mental health awareness so keep an eye out! Let us know what you and your family are doing to take care of your mental health by sending us a Tweet and using **#PVNCBeWell**. You can also follow this hashtag for tweets throughout the week containing resources and tips for children's mental health and well-being.

