

Get ready to #GetReal

CMHA Mental Health Week

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!



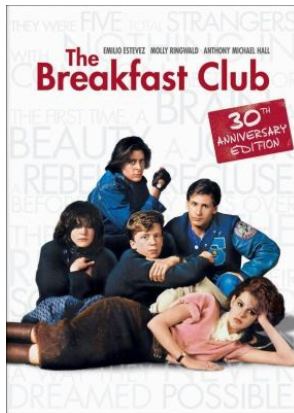
Mental Health Week Suggested Watching Films



[Silver linings playbook \[DVD\]](#)

[Black swan \[DVD\]](#)

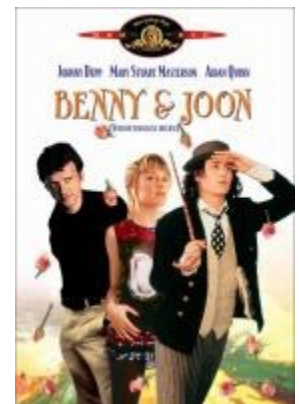
[Rain man \[DVD\]](#)



[A beautiful mind \[DVD\]](#)

[The breakfast club \[DVD\]](#)

[Good Will Hunting \[DVD\]](#)



[Still Alice \[DVD\]](#)

[The aviator \[DVD\]](#)

[Benny & Joon \[DVD\]](#)

Banner images source: <https://mentalhealthweek.ca/2021-toolkits>



Get ready to #GetReal

CMHA Mental Health Week

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!



Get ready to #GetReal

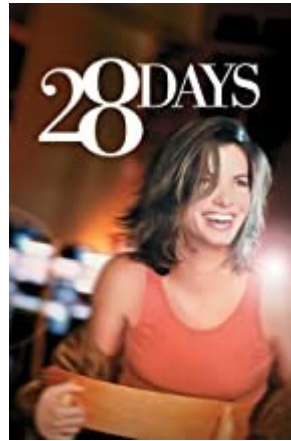
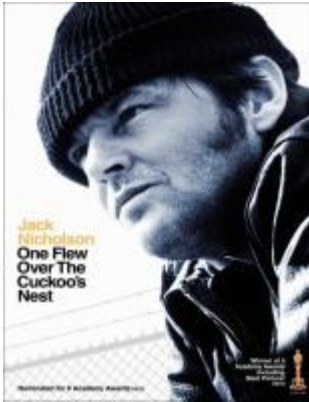
CMHA Mental Health Week

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!



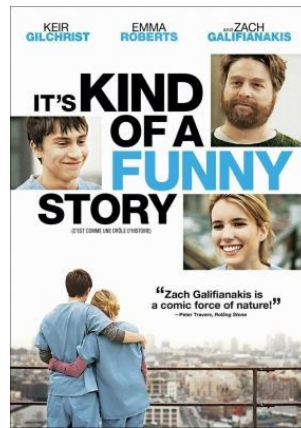
Mental Health Week Suggested Watching Films



[One flew over the cuckoo's nest \[DVD\]](#)

[28 days \[DVD\]](#)

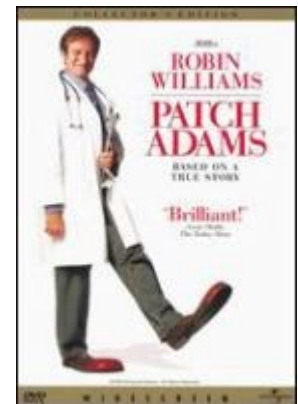
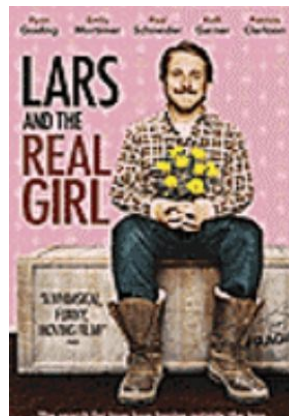
[Little Miss Sunshine \[DVD\]](#)



[Matchstick men \[DVD\]](#)

[It's kind of a funny story \[DVD\]](#)

[The skeleton twins \[DVD\]](#)

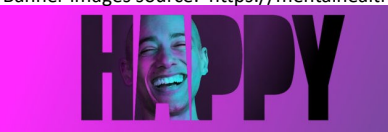


[Welcome to me \[DVD\]](#)

[Lars and the real girl \[DVD\]](#)

[Patch Adams \[DVD\]](#)

Banner images source: <https://mentalhealthweek.ca/2021-toolkits>



Get ready to #GetReal

CMHA Mental Health Week

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!

