



# How Childhood Experiences Impact our Health

In honour of *Mental Health Awareness Week*, the Public Health Association of NB & PEI, in partnership with the Saint John Self-Healing Communities team, is offering a free public event aimed at demonstrating the connection between childhood experiences and our health.

The event is for anyone who would like to know more about how our experiences in childhood affect our life long mental and physical health and how we can be proactive to foster positive health in future generations.

The theme for this year's *Mental Health Awareness Week* is, **Name it Don't Numb it**. To learn more visit: <https://mentalhealthweek.ca>

**May 6, 2021**

**6:00-7:30  
(AST)**

**Zoom**  
(Link Provided after registration)

**To Register:**  
<https://www.eventbrite.ca/e/150899615813>

**Questions:**  
[nbpei.pha@gmail.com](mailto:nbpei.pha@gmail.com)



**SHCM**

**All who attend the event will have their name entered in a draw!!!**

**There will be three \$50 indigo gift cards given away.**

**The draw will take place at the end of the session.**