

This is our time...

April 30, 2021 | Edition 04

Mental Health Week

May 3 - 9

CMHA's 70th annual Mental Health Week

The theme this year is
"Name it, don't numb it."

Want to learn more? See below for ways
you can get involved.



Visit www.mentalhealthweek.ca for info, helpful articles
Connect with us on social media using the hashtags #GetReal and #MentalHealthWeek.
Check out a virtual Mental Health Week event, such as a free CMHA mental health course at
<https://cmha.ca/recovery-college/courses>

If you or someone you love is struggling, there is hope and help:

- Please contact your local CMHA.
- Visit www.cmha.ca/bounceback.
- Visit the Government of Canada's Wellness Together portal.
- Thinking of suicide? Please call 1-833-456-4566 toll free in Canada.

Golf Fore All

Get your 2021 book today!

Be ready for when golf courses open up again!
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Limited Quantities Left

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Canada 55+ Games

August 23-26, 2022

The 2022 Canada 55+ Games will be held in Kamloops, BC, as it was planned for 2020. The event is scheduled for August 23-26 and it is advised you arrive early since some events start promptly on the 23rd. The OSGA Board of Directors are working on a qualification process that will allow 2020 qualifiers the first right of attendance. Please stay tuned for more detailed information in the months ahead.

Air Canada

If you booked your air travel in 2020 through Air Canada please look into the news of refunds that came out in April. The OSGA is not responsible for these refunds, but is distributing information that may be helpful as it becomes available.

[Start Refund Here](#)



OSGA 55+ | www.osga55plus.ca

