



**OFFICE OF THE MAYOR
CITY OF NORTH BAY, ONTARIO
PROCLAMATION**

**~ MENTAL HEALTH WEEK ~
May 4th to 8th, 2026**

- WHEREAS:** May 4th marks the start of the Canadian Mental Health Association's Mental Health Week nationwide; and
- WHEREAS:** Mental Health Week promotes conversations, experiences, and learning opportunities to support social change and reduce stigma; and
- WHEREAS:** CMHA North Bay and District and community partners are hosting activities and events to help promote healing and acceptance through this year's theme, "Unmasking Mental Health"; and
- WHEREAS:** This theme explores how unmasking our mental health struggles takes courage, gives others permission to do the same, and encourages people to get the support they need when they need it; and
- WHEREAS:** Creating safe space for people to be their true selves and practicing generosity in our assumptions about others supports good mental health and wellness.

NOW, THEREFORE, I, Peter Chirico, Mayor of the City of North Bay, do hereby proclaim May 4th through May 8th, 2026, as CMHA Mental Health Week.



In witness whereof I have hereunto set my hand
and caused the seal of this City to be affixed



Mayor Peter Chirico

Dated this 4th day of May 2026