

Mental Health Week

(May 4th to 10th)

The 2026 theme, “Come Together, Canada: Stronger Connections, Better Mental Health,” reminds us that mental wellbeing is strengthened through everyday connections—at home, at school, at work, and within our local communities.

Mental health is not built into isolation. Feeling connected to others helps reduce loneliness, builds resilience, and creates a sense of belonging. In our community, connection can look like talking with a neighbour, participating in a local program, supporting a friend, or simply knowing where to turn when life feels overwhelming. During Mental Health Week, we are encouraged to reach out, listen without judgment, and support one another because strong communities create healthier individuals.

How Can FCSS Help?

Family and Community Support Services (FCSS) play a key role locally in strengthening mental wellness by building connections and providing preventative supports close to home. FCSS programs support residents of all ages through life’s challenges by strengthening relationships, building coping skills, and fostering a sense of belonging within the community.

The FCSS team is here year-round to support individuals, families, and neighbours because stronger community connections lead to better mental health for everyone. Through counselling services, family supports, youth programs, senior outreach initiatives, and community referrals, FCSS creates inclusive and welcoming spaces where people can connect, learn, and grow together.

For more information about FCSS programs and services, please visit our website at www.fcss.ca.



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