



KINDNESS WEEK CALENDAR



Do good. Feel good.

May 25 - 29, 2026

KINDNESS WEEK KICK-OFF

Kindness is like confetti, sprinkle it everywhere! Join the launch at City Hall with a proclamation and flag-raising, followed by sweet surprises as our cupcake crews spread joy and frosting across the city.

 Monday, May 25

 10 - 11 a.m.

 City Hall



APPRECIATION FOR OUR EVERYDAY HEROES

WEDNESDAY, MAY 27

Hospital workers and visitors

THURSDAY, MAY 28

OPP and NBPS Call Centre staff and first responders

FRIDAY, MAY 29

Military wave



News that will actually brighten your day!

Pint-sized reporters bring you feel-good moments from the week. Catch the Kindness Cast on YourTV North Bay's YouTube channel.



LITTLE LEADERS SHARING KINDNESS

Students from:

-  M.T. Davidson
-  Woodlands

will share kindness through activities, assemblies and uplifting gestures in the community.



FREE COMMUNITY LUNCH

Nothing brings people together like a good meal! Come downtown for a free neighbourhood lunch, cake and ice cream, to wrap up Kindness Week.

 Friday, May 29

 Noon - 1:30 p.m.

 Main + Fraser parkette
(Rain location: 194 Main St. West)



@KindnessNorth Join the movement to spread kindness

Inspire others all year long by sharing your acts of kindness **#KindnessNorth**



The Kindness Project

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Powered by:



Canadian Mental Health Association
North Bay and District