



# 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 NPS Call Centre staff and first responders

### FRIDAY, MAY 26

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