

The Space We Make:



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Opening
Minds

We make space for learning.

Where we develop the skills to support each other—to listen, to act with empathy, and to stand with strength. Where mental health is seen as health, and seeking help is seen as courage.

We make space for unlearning.

Where we confront our biases with humility, and dismantle stigma within ourselves and others.

We make space where empathy thrives. Where we listen deeply, speak with care, and show kindness not just as a gesture, but as a daily practice.

We make space to build environments that are psychologically healthy and safe—where people belong, and teams, leaders, and systems are ready to support each other.

We make space for people to be their true selves—without fear of judgment or shame. Where honesty is met with understanding.

We make space for ourselves, too. For boundaries. For rest. For moments of stillness that keep us steady.

For the messy, the in-between, the just-trying-to-get-through. **For resilience that doesn't roar, but quietly holds firm.**

The space we make lives in workplaces, break rooms, communities, classrooms, kitchen tables, coffee shops and quiet corners. It's not the walls—it's what we bring into them: trust, understanding, and care.

And here's the best part: **we're not doing this alone.** Facilitators, trainees, partners, changemakers—people everywhere are making space with intention. Shifting culture. Proving what's possible.

So if this speaks to you—join the movement. Keep making space. For yourself. For each other. With care. With courage. With purpose.

Never underestimate the power of the space we make. It matters. Let's choose it, shape it, protect it—like it's the most important space in the world.

Because it is.