



## Events Description

### Suicide Prevention Awareness Week

*\*This document was last updated on September 9, 2017. For more updated information on events occurring during Suicide Prevention Awareness Week please visit: <https://windsorsex.cmha.ca/mental-health/suicide-prevention/awareness-week/events-calendar/>*

#### Sunday, September 10, 2017

- Kick-Off Walk: This event begins at 8:30 a.m. with registration, community information tables to visit, and opening remarks. The 5 km walk is scheduled to leave at 10 a.m. and the event will wrap up by noon. The starting point for the event and walk is the St. Clair College Sportsplex. Participants will walk along the Herb Gray Parkway Trail. Participants are encouraged to wear their yellow "You Are Not Alone" t-shirts to raise awareness for suicide prevention in Windsor-Essex County. For more information visit: <https://windsorsex.cmha.ca/mental-health/suicide-prevention/awareness-week/kick-off-walk/>

#### Monday, September 11, 2017

- Health Fair: The University of Windsor is hosting a Health Fair from 10 a.m. – 4 p.m. in the Odette Building. Information on events occurring during Suicide Prevention Awareness Week and mental health resources will be promoted and distributed to all in attendance.
- Walk-In Counselling Clinic: The Walk-In Counselling Clinic provided by Family Services Windsor-Essex may help if you are experiencing issues such as: family conflict, stress, self-esteem, grief, depression and anxiety, relationship issues, separation and divorce, and abuse. The Walk-In Counselling Clinic is not a crisis service. No appointment is necessary. Clients are seen in order of arrival. In this Single Session Brief Therapy Counselling session, a counsellor will spend 30 to 50 minutes with you depending on your needs. Everyone leaves with a "Next Steps Plan" towards their desired outcomes. Subsidies are available for those who qualify.

This clinic is located at Erie Shores Healthcare (194 Talbot West, Leamington) and runs from 10 a.m. to 4 p.m.

- Small Group Training: Physical activity and exercise have consistently been associated with positive mood. Join Train Station Fitness on Monday, September 11th for a free Small Group Training class at 10700 Tecumseh Road East in Tecumseh. There will be two classes running at 5, 6, and 7 p.m. These classes will be circuit based and suitable for all fitness levels. Grab a friend and get moving to support Suicide Prevention Awareness Week. Must wear appropriate gym attire including running shoes. Class sizes are limited to 10 per class. Reserve your space today by calling 519-979-6622.

This is a free event. However, donations to the Canadian Mental Health Association, Windsor-Essex County Branch would be greatly appreciated.

Tuesday, September 12, 2017

- **Suicide Prevention Awareness Week Information Booth:** An information booth will be stationed at St. Clair College, Windsor Campus (2000 Talbot St.) near the cafeteria to provide students and staff with mental health resources from the Canadian Mental Health Association. Information on the events occurring during Suicide Prevention Awareness Week and other items to raise awareness for suicide prevention will be distributed.
- **Walk-In Counselling Clinic:** The Walk-in Counselling Clinic provided by Family Services Windsor-Essex may help if you are experiencing issues such as: family conflict, stress, self-esteem, grief, depression and anxiety, relationship issues, separation and divorce, and abuse. The Walk-In Counselling Clinic is not a crisis service. No appointment is necessary. Clients are seen in order of arrival. In this Single Session Brief Therapy Counselling session, a counsellor will spend 30 to 50 minutes with you depending on your needs. Everyone leaves with a "Next Steps Plan" towards their desired outcomes. Subsidies are available for those who qualify.

The clinics are located at:

- Family Services Windsor-Essex Main Office (1770 Langlois Avenue, Windsor): 12 p.m. to 8 p.m.
  - Harrow Family Health Team (1480 Erie Rd S., Harrow): 3 p.m. to 7:30 p.m.
  - Access County Community Support Services (23 Mill Street West, Kingsville): 3 p.m. to 8 p.m.
- **Teen Health Info Table + Refreshments:** Visit the Windsor Essex Community Health Centre Teen Health information table at 1361 Ouellette Avenue from 12 p.m. to 6 p.m. on September 12 to receive information regarding suicide prevention, mental health supports, and a variety of FREE refreshments. All community members are welcome. Contact 519-258-6002 ext. 501 or 502 for more information.
  - **Wellness Workshop:** The Windsor Essex Community Health Centre is hosting a wellness workshop at the Pickwick Plaza location (7621 Tecumseh Rd. E) to discuss anxiety, depression, and coping mechanisms on September 12 (1p.m. to 3 p.m.). This workshop will be FREE and all community members are invited to attend, no registration is required. Contact 519-258-6002 ext. 501 or 502 for more information.
  - **"BREATHE" followed by "13 Reasons Why Not":** A panel discussion for high school and post-secondary youth and their parents. The evening will begin with a short play called BREATHE presented by the Revolution Youth Theatre Senior Cast. This 30 minute play explores a girl's journey of loss, grief, and healing after her friend dies by suicide. A panel discussion moderated by AM 800's Lynn Martin which includes mental health and bereavement professionals, family members who have survived the suicide death of a loved one, and also individuals who have contemplated suicide will follow. This is an open dialogue about suicide, how to talk about it, what to do, and where to go for help. Anyone under 16 must be accompanied by a parent. Mature theme and content. The event will be held at Walkerville Collegiate Institute (2100



Richmond Street) Doors open at 5:30 pm. This FREE event is from 6 p.m. to 8 p.m. Donations are gratefully accepted. For more information visit: <https://windsoressex.cmha.ca/mental-health/suicide-prevention/awareness-week/events-calendar/>

Wednesday, September 13<sup>th</sup>, 2017:

- Free Mental Health Webinar: Karen Gignac, Manager of Mental Health Promotion at the Canadian Mental Health Association, Windsor Essex County Branch will speak on signs and symptoms of distress and when to get help. Karen will also talk about how to help a co-worker who may be struggling and will share resources and services available in our community to help anyone who may be struggling with mental health issues. The webinar will end with some general tips for achieving and maintaining good mental health.

Registration begins on Wednesday, August 30, 2017. Visit <https://www.wechu.org/chronic-disease-prevention-and-workplace-wellness/healthy-work-webinar-series> to reserve your spot.

- suicideTALK: Invites all participants—regardless of prior training or experience—to become more aware of suicide prevention opportunities in their community. Dealing openly with the stigma around suicide, this exploration focuses upon the question "Should we talk about suicide?" This FREE event hosted by the Canadian Mental Health Association will take place at Life After Fifty (635 McEwan Ave, Windsor) from 12:30 p.m. to 1:30 p.m.
- Community BBQ and Wellness Workshop Series: The Windsor-Essex Community Health Centre Sandwich site (3320 College Ave.) will be hosting a FREE BBQ and Wellness Workshop Series on September 13 from 2 p.m. to 6 p.m. Workshops include Anxiety (a brief overview) at 3 p.m., Mindfulness (stress reduction techniques) at 4 p.m., and Nutrition/ Wellness at 5p.m. No registration is required.
- Taking Care of Our Mental Health & 10 Tips for Mental Wellness: The Canadian Mental Health Association – Windsor-Essex County Branch and LaSalle HangOut For Youth are offering a presentation on mental health that will provide you with tips for improved mental wellness. This FREE event runs from 6 p.m. to 7 p.m. at 1400 Front Road, Unit 2 in LaSalle. All ages are welcome.

Thursday, September 14<sup>th</sup>, 2017

- Wellness Workshop: The Windsor-Essex Community Health Centre Leamington (33 Princess St. Suite 401) is hosting a wellness workshop to discuss anxiety, depression, and coping mechanisms on September 14 (1 p.m. to 3 p.m.). This workshop will be FREE and all community members are invited to attend. No registration is required. Contact 519-258-6002 ext. 501 or 502 for more information.

- **Nutrition and Wellness Workshop:** The Windsor-Essex Community Health Centre is hosting a Nutrition and Wellness workshop at the Diabetes Wellness location (102-2885 Lauzon Pkwy) to discuss ways to eat well and be well on September 14 at 2:30 p.m. This workshop will be FREE and all community members are invited to attend. No registration is required. Contact 519-258-6002 ext. 501 or 502 for more information.
- **Community BBQ and Information Table:** In partnership with the Downtown mission, the Windsor-Essex Community Health Centre will be hosting a FREE BBQ at 664 Victoria Ave. on September 14 from 4 p.m. to 6 p.m. Contact 519-258-6002 ext. 501 or 502 for more information.
- **safeTALK:** A three hour training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Anyone aged 15 or older who wants to make a difference can learn the safeTALK steps. This training session (adults \$35 and students \$25) will take place from 5:30 p.m. to 8:30 p.m. at the Canadian Mental Health Association (1400 Windsor Avenue). Registration and Light meal at 5 p.m.
- **AXFIT Fitness Class:** Exercise can improve psychological well-being and reduce depression and anxiety. The Essex County Diversion Program and AXFIT are partnering to host a boot camp class for all levels in the Student Life Centre of St. Clair College (2000 Talbot Rd W.). This FREE event runs from 6 p.m. to 7p.m. To reserve your spot please arrive for 5:30 p.m.

### Friday, September 15<sup>th</sup>, 2017

- **Walk-In Counselling Clinic:** The Walk-In Counselling Clinic provided by Family Services Windsor-Essex may help if you are experiencing issues such as: family conflict, stress, self-esteem, grief, depression and anxiety, relationship issues, separation and divorce, and abuse. The Walk-In Counselling Clinic is not a crisis service. No appointment is necessary. Clients are seen in order of arrival. In this Single Session Brief Therapy Counselling session, a counsellor will spend 30 to 50 minutes with you depending on your needs. Everyone leaves with a "Next Steps Plan" towards their desire outcomes. Subsidies are available for those who qualify.

This clinic is located at the Family Services Windsor-Essex Main Office (1770 Langlois Avenue, Windsor) and runs from 9 a.m. to 5 p.m.

- **Family Services Windsor-Essex presents 'Suicide Prevention: Let's Talk About It':** A 1-hour information session led by an ASIST trained facilitator. The session will address the effects of suicide on our community, discuss ways to reduce suicide stigma, help participants learn the risk factors surrounding suicide and explore various prevention and intervention strategies. To

register, please contact the FSWE Customer Care Department by calling 519-966-5010. This FREE event will take place from 10 am – 11 am at 1770 Langlois Avenue, Windsor. Seating is limited.

- Compassion Fatigue and Peer Support Presentation: Compassion Fatigue, Vicarious Trauma, Burnout and Secondary Stress Disorder are all terms used to describe the effects of the “cost of caring for others in emotional pain” (Figley, 1982). This Suicide Prevention Awareness Week wellness seminar will profile:
  - Compassion Fatigue defined and manifestations
  - Personal and professional impact on first responders and health care professionals
  - Factors influencing vulnerability to Compassion Fatigue
  - The effects of trauma & the brain
  - Video – “When Helping Hurts: Preventing & Treating Compassion Fatigue”
  - Key organizational support factors
  - Self-care/Recovery – Transformation from Compassion Fatigue

The presentation will continue with an introduction to the Essex Windsor EMS Peer Support Team. Peer support is defined as a supportive relationship between two people who have a common lived experience. The Essex Windsor Emergency Medical Services (EMS) Peer Support Team has become an industry leader in offering support to Paramedics and Allied Agencies. Please join them to learn who they are, how they have been trained, and the processes they use to deliver this valuable service.

This presentation can be viewed live at the Windsor Regional Hospital Metropolitan Campus Auditorium or via video feed at the Windsor Regional Hospital Ouellette Campus Boardroom from 10 am to noon. This event is presented by EMS and FSEAP.

- Cabaret for Cause: This special concert event hosted by Toni Bruner inside the Capitol Theatre (121 University Ave West) will be a night full of song and dance; and is for a great cause! Doors open at 7:30 p.m. Showtime begins at 8 p.m. This is a fundraising concert benefiting CMHA – Windsor Essex County Branch.

Tickets are by donation, beginning at \$10 (minimum). This event is sponsored by 96.7 FM & Artsy Lens Photography.

#### Saturday, September 16, 2017

- Music4Minds Joins Cainerfest: Two music events focused on suicide prevention have joined forces this year to host an event together to cap off Suicide Prevention Awareness Week. The event, “Cainerfest” is the third annual event and features an evening of live music in memory of Jordan “Cainer” Caine, who died by suicide on August 13, 2014 at the age of 27. Music4Minds



Collaborative, a collaboration of local musicians dedicated to suicide prevention will be performing a special song they created for this cause called "I'm Here" for the first time live at Cainerfest at 5:30 p.m. The event will host raffles, vendors, a 50/50 draw, and information and service booths for local mental health supporters. Pasta lunch or dinner will be available for purchase at the event for \$10. Influential members of the community will also join to speak on their experiences and the vital need for services. Funds raised for Cainerfest will go towards suicide prevention and awareness programming at the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECB).

Cainerfest will be held at Average Joes Sports Bar (1286 Lauzon Rd, Windsor) with music from 2 p.m. to 2 a.m. Music genre will start with performances of soft acoustics and move into heavy metal as the evening progresses. Tickets are \$10 and are available at the door or online at <https://ourevent.ca/event/cainerfest-2017/>

For more event information visit <https://www.facebook.com/Cainerfest/>