



**Canadian Mental
Health Association**
Windsor-Essex County
Empowering transitions to wellness.

HELP US MAKE A DIFFERENCE IN OUR COMMUNITY

MESSAGE FROM THE CEO

It is hard to believe that we are approaching the end of the summer. I hope that you and your family have had time to enjoy the weather and make some wonderful memories.

At the Canadian Mental Health Association - Windsor Essex County Branch (CMHA-WECEB) it has been a very busy spring and summer. In June we held our two signature fundraising events, the Go Green Golf Tournament and Ride Don't Hide. Both were an overwhelming success raising \$90,000 in support of the Bereavement program, the Client Assistance Fund and Mental Health Education.



In addition, we continue to work on a central access model with Hotel-Dieu Grace Healthcare and have partnered with Family Services Windsor Essex and the City of Windsor to align the CMHA Housing Program with a Housing First Approach. We have also shifted our focus from Employment Assistance Services to providing mental wellness training and education to workplaces, schools and the broader community at large.

I hope that you will be able to join us for the 45th Annual General Meeting on Wednesday, September 14 at 5 p.m. at Other Place Catering on Walker Road to hear about other exciting initiatives we are working on. We are delighted to have Camille Quenneville, CEO of CMHA Ontario as our Guest Speaker. In addition, the Volunteer of the Year Award will be presented to Larry Bannon and we will also be presenting our first Community Partner of Distinction Award.

All the best,

Claudia den Boer
Chief Executive Officer

BREAKING THE STIGMA

CMHA-WECB recently launched a direct mail campaign in support of our Bereavement Program. The tagline **"It's pronounced MEN-tl IL-nis not KREY-zee"** encouraged people to help break the stigma around mental illness and lend their support.

The only one of its kind in Ontario, our Bereavement Program has been helping people cope with and work through their grief for over 40 years. The program has supported over 25,000 direct clients and 140,000 indirectly. It is reliant on community support for sustainability.



[Donate Now](#)

UPCOMING EVENTS



Cainerfest 2016

August 13

Doors at 5pm, Music at 6pm

Rockstar Nightclub

\$10 tickets available at

ourevent.ca/event/cainerfest2016



Caboto Club Pasta Night & Mental Health Fair

September 7

4:30pm - 7:30pm

Enjoy a pasta dinner and visit displays by local mental health organizations.

<http://www.cabotoclub.com/memberEvents.php?contentID=76>



Rotary Trivia Night September 30

Knights of Columbus, 2401 Columbus Dr.
Pasta dinner at 5:30pm, Trivia at 7:00pm
Call 519-253-6382 for tickets



CMHA-WECB is the **only** Canadian charity
to be included in the
Detroit Free Press/Talmer Bank Marathon.

Select CMHA-WECB as your charity
when you register at www.freepmarathon.com

Detroit Free Press/Talmer Bank Marathon October 16

Register or donate today in support of CMHA!
www.freepmarathon.com

Signature Events Huge Success!

Our annual **Go Green Golf Tournament** took place on June 13 at Essex Golf & Country Club. The tournament raised an incredible \$50,000 for our **Griefworks** program. Griefworks is a bereavement program specifically designed to address loss experienced by children and adolescents.

Now in its third year, **Ride Don't Hide** saw a record number of riders take part in 10K, 20K, 50K and 100K rides on June 26. Almost 300 participants enjoyed scenic cycling, great entertainment, pre and post-ride refreshments and great prizes. An amazing \$57,000 was raised in support of local CMHA programs and services. [Registration is now open](#) for the 2017 Ride happening on **June 25, 2017**.



Annual General Meeting

CMHA-WECB will host its **45th Annual General Meeting** on Wednesday, September 14 at 5:00PM at the Other Place Catering, 1395 Walker Road. We are excited to have **Camille Quenneville**, CEO of CMHA Ontario joining us as our guest speaker. *RSVP to Meliha Ferhatovic at 519-255-9440 x209 or mferhatovic@cmha-wecb.on.ca by September 9.*

2016 Lois Hartford Volunteer of the Year Award - Larry Bannon

Lois Hartford was a dedicated volunteer with CMHA-WECB for over 20 years. Lois logged thousands of hours helping out with social and life skills groups, driving clients to appointments, and as a member of the Consumer Council. She used every opportunity to advocate for clients and to spread her knowledge to break down the barriers and myths of mental illness.

Lois also volunteered for the Leamington District Memorial Hospital, The Schizophrenia Society, the Canadian Cancer Society, the March of Dimes and various tag days. Lois was the recipient of the CMHA Volunteer of the Year Award, CMHA Ontario's Volunteer Award and The City of Windsor's "Volunteer Spirit Award". Sadly, Lois died in September 2015. It is with great pride that we rename our volunteer award in her honour.

The "**Lois Hartford Volunteer of the Year Award**" will this year be awarded to Larry Bannon.

Larry was one of the original volunteers involved with Hospice's Face to Face campaign. It has been enormously successful because of the involvement of individuals like Larry. When he first got involved he would canvas his friends, family and neighbours. Now people actually approach him to donate and thank him for his time and commitment to the organization.

Three years ago Larry joined CMHA-WECB's Fundraising Support Committee as Chair. His leadership and passion for fundraising in support of the bereavement program has had a great impact on the organization. His advocacy and energy has resulted in numerous gifts and partnerships.

Larry is always thinking of new and creative ways to engage community partners, routinely contacts staff with new ideas and is not afraid to approach his friends and colleagues to engage them in CMHA activities. There is no volunteer more passionate about the causes he supports than Larry.



[Donate Now](#)

[Become a Member](#)

Canadian Mental Health Association Windsor-Essex County Branch

Main Office:
Monday - Friday: 8:30am - 4:30pm



Be sure to add our email address to your address book or safe senders list so our emails get to your inbox.

[Privacy Policy](#) | [Unsubscribe](#)

[Canadian Mental Health Association](#)
1400 Windsor Avenue, Windsor, ON N8X 3L9