



**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 September is just around the corner! I hope that you had the opportunity to enjoy the summer and the warm weather.



The spring and summer have been busy and productive at the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECEB). June was particularly eventful with our Go Green Golf Tournament, the Detroit Tigers Canadian Fan game and Ride Don't Hide. I am happy to share that these events raised \$111,000 in support of the Bereavement program, Client Assistance Fund and the Sole Focus Project. Thank you to everyone who supported these events!

The Sole Focus Project continues to be a great success. Since last September, 2,474 youth have received mental health education and 1,761 employees have received education and/or mental health training at their workplace. We are proud of these accomplishments and look forward to engaging more individuals this year. A special thank you to some of the most recent donors to the campaign including Ground Effects and TD Bank for their generous contributions and taking a stand for mental health. #showyoursole.

I hope that you will be able to join us for our 46<sup>th</sup> Annual General Meeting on Wednesday, September 27, 2017 @ 5 p.m. at the Other Place Catering on Walker Road to hear about other exciting initiatives we are planning. Justice Lloyd Dean will be our special Guest Speaker. In addition, the Volunteer of the Year Award will be presented to the Bereaved Parents of Older Children Support Group and we will be presenting the CMHA-WECEB Community Partner of Distinction Award.

All the best,

*Claudia den Boer*  
Chief Executive Officer

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## Ground Effects Donation

Ground Effects, an auto parts supply company, bared its sole to CMHA-WECB with CEO Jim Scott presenting a \$30,000 cheque to CEO Claudia den Boer.

The money will be donated over the next three years for the Sole Focus Project, to help educate and reduce the stigma around mental health.

Scott also promised more support in the future. "We'll do more," said Scott. "That stigma needs to go away. We all believe that and know we have to do it."

The Sole Focus Project was launched in February with a goal to raise \$500,000 over the next three years.



## UPCOMING EVENTS

**Pasta Dinner & Mental Health Fair**  
G. Caboto Club 2175 Tecumseh Rd. E.  
Wednesday, September 6, 2017  
4:30pm-7:30pm

Presented by  
**UNIFOR** and **Canadian Mental Health Association**  
Windsor-Essex County

Local organizations will be in attendance with resources available:

- Alzheimer Society
- BANA
- Can Am Indian Friendship Centre
- Canadian Mental Health Association
- Life After Fifty
- The Distress Centre of The Downtown Mission
- Windsor-Essex County Health Unit
- Windsor Residence for Young Men
- YMCA

**Bake Sale • 50/50 Raffle • Entertainment**

Dinner includes:  
Prime with meat/vegetarian sauce, salad, soup, butter, coffee or tea

\$13 - Take-out  
\$22 - Adults  
\$18 - Seniors 65+  
\$6 - Children 5-12  
Children under 5 free with a paying adult

**Charity Pasta Night & Mental Health Fair**  
Wed., Sept. 6 from 4:30pm-7:30pm  
Caboto Club  
Famous pasta dinner, bake sale, 50/50 & entertainment!



**Suicide Prevention Awareness Week**  
Sept. 10-16, 2017  
Kick-off Walk on Sept. 10  
[Free registration here](#)



### Detroit Tigers Canadian Fan Games Sept. 15-17, 2017

Ticket package includes game ticket, souvenir baseball hat & donation to CMHA  
[www.tigers.com/canadian](http://www.tigers.com/canadian)

### 46th Annual General Meeting

Wed., Sept. 27, 2017 at 5 pm  
Other Place Catering, 1395 Walker Road, Windsor  
Guest Speaker: Justice Lloyd Dean

Award Presentations:  
• Community Award Partner  
• 2017 Volunteer of the Year: Bereaved Parents of Older Children Support Group



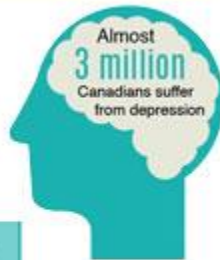
### Annual General Meeting

Wed., Sept. 27 from 5:00-6:30pm  
The Other Place Catering  
1395 Walker Rd.

[RSVP to mferhatovic@cmha-web.on.ca](mailto:mferhatovic@cmha-web.on.ca)

### Mental Illness Awareness Week

Mental health and illness costs the Canadian economy approximately **\$50 billion** annually



**11** approximate number of Canadians that end their life by suicide each day

On any given week, more than **500,000** Canadians are unable to go to work because of mental health or mental illness

**1 in 5** Canadians will experience some form of mental illness at some point in their life



### Mental Illness Awareness Week October 1-7, 2017

Visit our website for updates

### Rock Your Sole

Fri., Oct. 27 at 7pm  
Water's Edge, 2879 Riverside Dr. E.

Great food, music & fun!  
[Sponsorships & Registraion here](#)

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## Sole Focus Project Ambassador Spotlight: Brad Thomas

My name is Brad Thomas. I am 24 years old, a college graduate, and currently working in the field as a Security Guard. For the majority of my life, I have been dealing with a significant amount of anxiety, as well as depression. I have been subconsciously for about 20 years. I say subconsciously because I assumed that prior to my diagnosis that the elevated heart rate, overthinking, pressured feeling in my chest and feeling like the world is in a tornado was a normal feeling for a human being.



I know what it's like to sit back and pretend like nothing is wrong. It took until this year to realize that I need to take a stand and help others realize that it is perfectly fine to talk about issues regarding mental health. This is when I learned about the Sole Focus Project through the Canadian Mental Health Association. After reading about the campaign, the mission statement and the goals they plan on achieving - I immediately wanted to get involved to help the campaign reach these goals, and overall get the word out to end the stigma.

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[Donate Now](#)

[Become a Member](#)

### Canadian Mental Health Association Windsor-Essex County Branch

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



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

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