



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

## **YOU HELP US MAKE A DIFFERENCE IN OUR COMMUNITY**

### **MESSAGE FROM THE CEO**

Every year the summer seems to go by more quickly but hopefully there has been time to enjoy a vacation to support our mental wellness. Sadly, mental illness does not take a holiday and therefore we continue to be engaged in treatment, education, collaboration and engagement activities.



Thanks to you, our signature fundraisers were once again a great success! The Go Green Golf Tournament raised \$50,000 in support of the Griefworks program. This program relies on community support for its sustainability. With your support over 100 children receive counselling and supports after the loss of a loved one. Ride Don't Hide raised \$47,500 in support of the Bereavement program, Client Assistance Fund and the Sole Focus Project.

As we move into the fall, a number of initiatives are planned that we hope you can be a part of supporting. This year Suicide Prevention Awareness Week has been extended to Suicide Prevention Awareness Month. Unfortunately, suicide continues to be an option for those experiencing a mental illness. In June two public figures, Kate Spade and Anthony Bourdain, died by suicide. These tragic deaths continue to bring much-needed awareness to suicide prevention, identification and awareness. Throughout the month of September we hope you will join us as we remind our friends and family they are not alone and that Windsor-Essex has excellent supports for those who are suffering. #YouAreNotAlone #ShowYourSole

I hope that you will be able to join us for our 47<sup>th</sup> Annual General Meeting on Wednesday, September 26, 2018 at 5pm at The Other Place Catering on Walker Road to hear about other exciting initiatives we are working on. We are delighted to have Jelena Payne, Community Development & Health Services Commissioner, City of Windsor as our guest speaker. In addition, the Lois Hartford Volunteer of the Year Award will be presented to Gerry Kincaid and we will be presenting the CMHA-WECB Community Partner of Distinction Award.

All the best,

*Claudia den Boer*  
Chief Executive Officer

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## Cypher Systems Group

**"Grief is not a disorder, a disease or sign of weakness. It is an emotional, physical and spiritual necessity, the price you pay for love. The only cure for grief is to grieve."  
- Earl Grollman**

Last May, CMHA-Windsor-Essex County Branch hosted the inaugural Breakfast of Champions event. In addition to our phenomenal guest speaker Sue Klebold, the Cypher Systems Group (CSG) announced a \$50,000 commitment to the Bereavement program.



Thank you to CSG for this generous donation. Annually, over 400 individuals access this free service following the death of a loved one. By all accounts the program is highly effective in helping people through the grieving process. Thanks to the support of CSG this program will continue to be available in this community.

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## UPCOMING EVENTS



Purchase tickets now!  
<http://solefocusproject.ca/rock-your-sole-2/>

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## Client Assistance Fund - A Helping Hand

Sometimes something as simple as a food voucher or bus ticket can make a big impact for CMHA-WECEB clients. With your support, the Client Assistance Fund (CAF) was established a couple of years ago to provide for unforeseen incidentals.



The CAF can be accessed by front-line staff to assist clients who are on a limited income. These clients may require transportation to a medical appointment or a food voucher to get them through a difficult period.

Thanks to you the CAF helped 313 clients last year!

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

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



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