



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

HELP US MAKE A DIFFERENCE IN OUR COMMUNITY

MESSAGE FROM THE CEO

It has been another busy, exciting year for the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECEB).

Our team has worked hard to implement our strategic plan, Vision 2020. As such, primary care and mental health services in this community continue to improve with the ultimate goal of providing outstanding, seamless care for clients and their families. Teamwork and collaboration with our partners continues to be pivotal in the work that we do.



In early 2017 we will be launching the "Sole Focus Project". We are excited about this campaign that seeks to engage, educate and enlist the support of members of this community around the importance of mental health education, training and awareness. We hope that you will join us to #showyoursole!

During this holiday season I encourage all of us to reflect on our good fortune and enjoy the holidays with family and friends.

I would like to thank the dedicated staff at CMHA-WECEB who are committed to providing the best care for our clients and their families.

A big thank you to all of our generous donors who support CMHA-WECEB with a donation or attend an event. Your support is greatly appreciated!

I would also like to thank our Board of Directors and the remarkable volunteers who go above and beyond for this organization.

From all of us at CMHA-WECEB, I wish you a Merry Christmas, Happy Holidays and a healthy and prosperous New Year.

All the best,

Claudia den Boer
Chief Executive Officer

CMHA is Recruiting for the Client & Family/Caregiver Advisory Council



The Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECB) has had a Consumer Council group for several years to ensure that the client's voice is represented. Starting in 2017 this group will change to become the Client and Family/Caregiver Advisory Committee (CFAC). This committee will be comprised of 8-12 members including current and past CMHA clients, family members and caregivers, staff and Board members.

We are currently recruiting volunteers who are interested in being part of the CFAC. If you are a current or former client of the CMHA-WECB, or are a family member of a client, your input will ensure that the client/caregiver perspective is represented in the provision of mental health services. We are looking for individuals who are passionate about mental health and wellness and who are keen to assist the agency in promoting a positive client and family experience.

Committee membership is comprised of 8-12 members. The committee will meet quarterly for two hours.

Visit Get Involved at www.windsorsex.cmha.ca to apply online.

For more information, or to obtain a hard copy of the application contact Laura Liebrock, Accreditation/Quality Coordinator, 519-255-9940 x324 or lliebrock@cmha-wecb.on.ca.

UPCOMING EVENTS

Please join us for the eighth annual

Candlelight Service


In remembrance of children who have died

Sunday, December 11, 2016
Fogolar Furlan Club
1800 North Service Road, Windsor ON
Assemble at 6:30 pm in the parking lot
Outdoor service begins at 6:40 pm

Refreshments following the procession in the Canada Hall. Please bring a photo of your child for the memory table.

Presented by:
CMHA-WECB's Bereavement Program

Please call to register 519-255-1749 or visit:
[My.windsorsex.cmha.ca/events/08-annual-candlelight-vigil/](http://my.windsorsex.cmha.ca/events/08-annual-candlelight-vigil/)



TOLDO
Presents


Light the Way

in support of mental health



Support our Bereavement Program & Client Assistance Fund to light the way for those who are struggling this holiday season.

Purchase an ornament in memory of a loved one.

devonshire



Sponsored by



Candlelight Vigil

Sunday, December 11

Assemble at 6:30pm, Outdoor service at 6:40pm
Fogolar Furlan Club
1800 North Service Rd., Windsor

[Click to register](#)

Light the Way

Now until December 24

Devonshire Mall
Visit our display by Shoppers Drug Mart and
purchase an ornament or [donate online](#).



Go Green Gold Tournament

SAVE THE DATE

Monday, June 12, 2017
Essex Golf & Country Club



Ride Don't Hide

SAVE THE DATE

Sunday, June 25, 2017
Children's Aid Society Parking Lot
[Registration now open!](#)

THANK YOU FCA & UNIFOR LOCAL 444

The first Windsor-Essex Suicide Prevention Awareness Week (SPAW) was held in September 2016. As part of SPAW, over 800 Fiat Chrysler Automobile (FCA) Canada Inc. employees from both Windsor Assembly Plant and FCA Canada Windsor Offices showed their solidarity and support of Suicide Prevention Awareness Week by purchasing yellow shirts. Employees raised over \$8,500 and Unifor donated an additional \$1,000 in support of the CMHA-WECB Mental Wellness Training and Education Program.



The logo features two stylized footprints, one teal and one light green, positioned above the text. The text 'SOLE FOCUS PROJECT' is stacked vertically in a clean, sans-serif font. 'SOLE' and 'PROJECT' are in teal, while 'FOCUS' is in black.

SOLE
FOCUS
PROJECT

Take A Stand For Mental Health

#ShowYourSole



Coming Soon



Canadian Mental
Health Association
Windsor-Essex County
Mental health for all

WWW.SOLEFOCUSPROJECT.CA



[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.

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Canadian Mental Health Association
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