



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



MESSAGE FROM THE CEO

As we come to the end of 2017 we are thankful for so many things!

Our team has worked tirelessly throughout the year to provide client-centred mental health and addiction care in this community. We are proud of the work that is being done to improve navigation and access to mental health and addiction services.

In addition, we have had phenomenal success with our Sole Focus Project. Launched this past February, thousands of individuals have now participated in training, workshops and activities that address the stigma around mental health. The campaign continues to engage hundreds of individuals and is making a real impact on mental wellness in Windsor-Essex. Watch for an exciting anniversary event in February 2018. #ShowYourSole

None of the work that we do at the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECEB) would be possible without our dedicated staff. I would like to thank all of them for their tireless work on behalf of our clients.

I would also like to thank our community partners who work collaboratively with CMHA-WECEB throughout the year to ensure the best experience for clients and caregivers and are committed to improve the mental health and addiction care system for Windsor-Essex residents.



A big thank you also to our generous donors who support CMHA-WECB. Thanks to all of you who are facilitating our ability to be on track to have one of our most successful fundraising years to date.

Finally, I would 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-WECB, I wish you a Merry Christmas, Happy Holidays and a healthy and prosperous New Year.

All the best,

Claudia den Boer
Chief Executive Officer



ROCK YOUR SOLE RAISES RECORD AMOUNT FOR MENTAL HEALTH

An absolutely incredible \$120,000 was raised at the inaugural Rock Your Sole fundraiser held on Friday, October 27 at the Water's Edge Event Centre – the largest fundraising event in the history of the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECB). The event was chaired by Jasmine Jasey in support of the Sole Focus Project.

Jasmine is an Ambassador for the campaign that was launched last February. As someone who has struggled for years with her own mental health issues, the campaign is near and dear to her heart. When asked to assist in organizing an event in support of the campaign she graciously agreed. The goal was to create a fun-filled event with a party-like atmosphere. The results exceeded her imagination.

“The amount of support from the Windsor-Essex community has been overwhelming. The event sold out in three weeks! I am delighted that these funds will stay local and make a difference to the lives of hundreds of people. If we help just one person it is worth it.”

“The more we talk about mental illness, the more we can and will end the stigma. The key to starting this conversation is awareness and education. Education empowers individuals to pay the same attention to their mental health as they do their physical health,” says Jasey.



300 people rocked to entertainment provided by DJ Urban Kris and Greatest Hits Live. The event also included a raffle for a Harley-Davidson motorcycle.

Sponsors played a pivotal role in the success of Rock Your Sole. Presenting sponsors included:

Rock Star

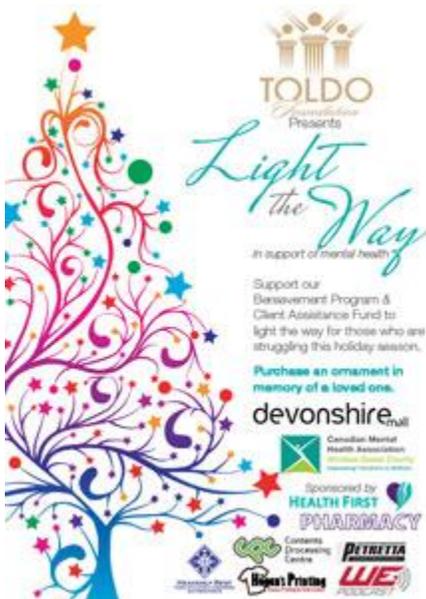
- Sunset Produce
- The Troup Group
- Moir Crane / Moir-Ferriss
- Cypher Systems Group
- ARC / Dr. Greg Jasey



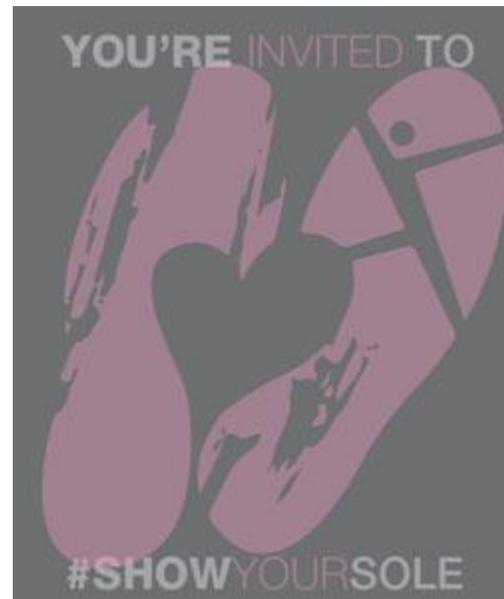
The Band

- Tilbury Concrete / Lanoue Chevrolet

UPCOMING EVENTS



Light the Way
 Until December 26
 Devonshire Mall
 3100 Howard Ave., Windsor
[Click to donate](#)



Sole Focus Project Anniversary Event
 February 22, 2018 from 5-7pm
SAVE THE DATE
 Spago's
 3850 Dougall Ave., Windsor

Breakfast of Champions

Breakfast of Champions

SAVE THE DATE

Tuesday, May 1, 2018
St. Clair College Centre for the Arts
201 Riverside Dr. W.



Ride Don't Hide

Registration Open!

Sunday, June 24, 2018
Children's Aid Society Parking Lot
1671 Riverside Dr. E.



Great Gift Idea!

NOW AVAILABLE ONLINE!
solefocusproject.ca/swag-shop/

Take a Stand for Mental Health and buy your Sole Focus Project socks today!

\$15.⁰⁰ ea.

BUY NOW

#ShowYourSole



CANADIAN MENTAL HEALTH ASSOCIATION
WINDSOR-ESSEX COUNTY FAMILY & FRIENDS SAVE UP TO \$31.50



A BREAKTHROUGH ICE EXPERIENCE WHERE WORLD-CLASS ICE SKATING & UNEXPECTED ACROBATICS FUSE TO CREATE THE FIRST ON-ICE EXPERIENCE FROM CIRQUE DU SOLEIL!

PERFORMANCE SCHEDULE

WEDNESDAY JANUARY 3RD, 2018 - 7:30^{PM}

THURSDAY JANUARY 4TH, 2018 7:30^{PM}

FRIDAY JANUARY 5TH, 2018 - 7:30^{PM}

SATURDAY JANUARY 6TH, 2018 3:30^{PM}* & 7:30^{PM}

SUNDAY JANUARY 7TH, 2018 - 1:00^{PM} & 5:00^{PM}



CMHA DISCOUNT TICKET PRICES

PREM: \$98.50 ^{ADULT} / \$80.00 ^{CHILD}

CAT 1: \$81.50 ^{ADULT} / \$66.00 ^{CHILD}

CAT 2: \$64.50 ^{ADULT} / \$52.50 ^{CHILD}

CAT 3: \$52.00 ^{ADULT} / \$42.50 ^{CHILD}



Take A Stand For Mental Health

TO PURCHASE YOUR TICKETS QUOTE PROMO CODE: **GSCMHA**

[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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