



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



MESSAGE FROM THE CEO

Thank you for making 2018 another remarkable year for the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECB). Our dedicated CMHA-WECB staff continue to work diligently to provide mental health and addiction services when and where they are needed. We take great pride in being a lead provider of community mental health and addiction services.



The Sole Focus Project has continued to be an amazing success. We welcomed several new Ambassadors over the last year and delivered a record number of education and training sessions to priority populations in the Windsor-Essex community. A key area of focus continues to be suicide prevention. A record number of suicide prevention/education sessions were held in 2018 and we look forward to sharing this training with even more people in 2019. Whether you sponsored an event, made a charitable gift, attended an event or volunteered, we are grateful for your support.

Thousands of individuals have been touched by the Sole Focus Project and we look forward to many great initiatives in 2019! Stay tuned for details about an anniversary event in early 2019. #showyoursole

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: THE REUNION AN INCREDIBLE SUCCESS

CMHA-WECB's most successful event in history, Rock Your Sole, made a reunion appearance on November 10th at the Canadian Historical Aircraft Museum's "Hangar". This unique venue was perfectly suited to the event's theme, which was further enhanced by the stylings of Elegance By Design, Modish Lounge Rentals and AEP Specialized Lighting.

The night featured incredible entertainment by local rocker Jody Raffoul, DJ PJ, Rolex watch and Chanel handbag raffles and food by Koolini.

Guests rocked the night away in support of mental health and raised an incredible \$110,000!

CMHA-WECB wishes to thank Sole Focus Project ambassador and event chair Jasmine Jasey and her rock star committee.

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

Rock Star

- Cypher Systems Group
- The Troup Group of Companies
- KMJ Industrial Contractors
- The Job Shoppe

The Band

- Modish lounge Rentals
- WFCU Credit Union

Talent Agent

- Elegance By Design
- Hard Rock Hotel & Casino



- Integrity Tool & Mold Inc.
- Landscape Effects Group
- Seaton Sunrooms
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- The Stephanie & Barry Zekelman Foundation
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- Mucci Farms
- Paciocco Mellow Injury Lawyers
- Performance Painting & Floor Coatings
- St. Clair College Alumni Association
- Vito's Pizzeria / O'Maggio's

Groupie

- Adesco of North America
- AEP Specialized Lighting & Events
- Craig Mahon Financial Advisor
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- Image Clinic
- Dr. Greg & Jasmine Jasey
- Dr. Pat & Bianca Montaleone
- John & Michelle Rauti
- Savvy Boutique
- Seen Vision Care
- Team Monty
- The River 93.9FM
- Transat
- Valente Development Corporation

Check out these great videos:

[Take a Stand for Mental Health](#) - video production generously provided by WFCU Credit Union Marketing Services

[Windsor-Essex You Rock!](#) - generously produced by Teves Videography

UPCOMING EVENTS



Sole Focus Project Anniversary Event
February 10, 2019
SAVE THE DATE
Location TBD

Breakfast of Champions
May 7, 2019
St. Clair College Centre for the Arts
201 Riverside Dr. W.
Announcement Coming Soon!



Go Green Golf Tournament
Monday, June 10, 2019
SAVE THE DATE



Ride Don't Hide
Sunday, June 23, 2019
Registration Opens December 14

Essex Golf & Country Club
7555 Matchette Rd.

Children's Aid Society Parking Lot
1671 Riverside Dr. E.



Great
Gift
Idea!

Give the gift that gives twice!

Socks - \$15.⁰⁰ ea.

Shirts - \$25.⁰⁰ ea.

solefocusproject.ca/swag-shop/

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#ShowYourSole



The Bereavement Program at CMHA-WECB relies on community support, through donations like yours, to continue to help those grieving the loss of a loved one.

No one, child or adult, should ever have to feel alone, or like they cannot go on themselves, after losing a loved one.

And sadly, losing a loved one is something that each of us will experience. While many are able to manage grief on their own, for others it is a debilitating experience that includes trauma, depression and anxiety.

Your gift to the Bereavement program ensures that our specially trained counsellors are there to help

our friends, family and coworkers when they experience a profound loss.

Your gift will provide hope and guidance as they learn how to cope after the loss of a loved one.

Steve and Kathy tragically lost their son to a car accident. They found themselves plunged into a world of grief, despair and uncertainty. They called CMHA and became involved in our bereavement program. They soon found themselves meeting with a group of other bereaved parents. A group where everyone understood their loss and the path they were now on. The bereavement program helped them to learn strategies to cope with their loss and grief, and to live their "new normal" life.

Your donation helps families learn to go on after the loss of a loved one.

By all accounts, the Bereavement Program has saved thousands of lives over the last 40 years, thanks to the support and kindness of people like you.

But, only one third of the program's costs are covered by the government.

Without your support, 66% fewer people would be able to get help for their grief.

We are asking for your help today to ensure that this program can continue to support our community, our neighbours.

Additionally, our Client Assistance Fund is fully funded by the generosity of donors like you.

We launched this fund three years ago with a budget of \$7,500 for the year to help clients that were struggling financially with basic human necessities like food, shelter and transportation.

Three years later our annual budget has ballooned to \$19,500 – a direct reflection of how great the need is. A need that you have helped to fill, a need that continues.

Sheila had been suffering with depression for many years before she sought help. Unable to work, she had no transportation and little income to get to her appointments with her mental health counsellor. Thanks to the Client Assistance Fund and donors like you, she was able to access transit passes, ensuring her ability to get to her appointments and continue on her journey to wellness.

As we begin the holiday season in earnest, we here at CMHA-WECB are asking you to consider making a gift to our Bereavement Program and Client Assistance Fund, a gift that will help our friends, family and community as a whole.

Please help to light the way today.

Thank you for your generosity.



[Donate Now](#)

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Canadian Mental Health Association Windsor-Essex County Branch

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



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1400 Windsor Avenue, Windsor, ON N8X 3L9