



Canadian Mental Health Association Windsor-Essex County

Community well-being is our sole focus.

Happy Holidays

from CMHA



MESSAGE FROM THE CEO

It's hard to believe that another year is behind us and we are going to be starting a new decade! Thank you for making 2019 another memorable year for the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECB). We launched our new branding at our Annual General Meeting in September in an effort to showcase all of the programs and services at CMHA-WECB – this includes our Specialized Mental Health Services, the newly re-named CMHA Health Centre providing comprehensive primary healthcare, and our Sole Focus Project. We also have a new mission, "Community well-being is our sole focus" which is embedded in ALL the work that we do. Over the coming year, we look forward to sharing stories highlighting the impact the CMHA-WECB makes in this community.



The Sole Focus Project has continued to be an amazing success. There were numerous highlights in 2019 including being the recipient of funds raised at Dan Gemus' Country at Heart event, being named the official charity partner of the upcoming Can-Am Police-Fire Games coming to Windsor-Essex in 2022 and Rock Your Sole: The Final Tour raising \$115,000!! All of this support allows us to be proactive in the delivery of mental health education and training. This important work **IS** making a difference. Please **SAVE THE DATE** of March 5, 2020 as we celebrate the success of Phase I of the Sole Focus Project and share all of the exciting outcomes and future plans. Whether you sponsored an event,

contributed a charitable gift, attended an event or volunteered, we are grateful for your support. #showyoursole

All of this work would not be possible without our dedicated staff and volunteers who know there is no health without mental health.

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 FINAL TOUR AN INCREDIBLE SUCCESS

CMHA-WECB's most successful event in branch history, "Rock Your Sole", made what was to be its final tour on September 21st 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 cover band Simply Queen, DJ Chino, a Lady Gaga Las Vegas raffle and food by Koolini, Antonino's, Sotto Zero and Tabl'eau.

Guests rocked the night away in support of mental health and raised an incredible \$115,000, bringing the three year total to \$350,000!

CMHA-WECB wishes to thank the incredible committee for putting on another amazing event!

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

Rock Star

- Ground Effects
- KMJ Industrial Contractors
- Mastercraft Homes
- Sunset Produce
- Troup Group of Companies



Talent Agent

- AEP Specialized Lighting & Events
- Breadth Consulting Inc.
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- St. Clair College Alumni Association

Groupie

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- MediaWorks Studios
- Dr. Pat & Bianca Montaleone
- Mucci Farms
- Paciocco & Mellow Injury Lawyers
- Second Chance CPR
- Tepperman's
- Touma Custom Carpentry
- Windsor Mold Group

- Chris & Judy Ziriada

Check out this great video: [Rock Your Sole: The Final Tour](#)

UPCOMING EVENTS



Sole Focus Project: Campaign Wrap-up

March 5, 2020

SAVE THE DATE

J.P. Wiser's Brand Centre

Wake Up, Speak Up

May 6, 2020

St. Clair College Centre for the Arts

201 Riverside Dr. W.

www.windsorressex.cmha.ca/events/hines/



Go Green Golf Tournament

Monday, June 8, 2020

SAVE THE DATE

Essex Golf & Country Club
7555 Matchette Rd.



Ride Don't Hide

Sunday, June 28, 2020

Registration Opens January 15

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



It's the gift that gives twice! CMHA-WECB has a variety of items to help you complete your holiday shopping, from stocking stuffers to tickets for the sports fan in your life, your purchase will put a smile on someone's face and support the programs and services at CMHA-WECB! Click on the photo to check out all of the offerings!



We can't do it without you!

Please help us help those who most need our services.

Your gift to our Light the Way campaign will support two impactful programs at CMHA-WECB.

Bereavement Program

The statistics indicate that 14 people die every day in our community. Each death affects, on average, at least five other people. That's upwards of 25,000 people in our community dealing with the loss of a loved one each year. CMHA-WECB is unique in that we are the only CMHA in Ontario to provide bereavement services, including bereavement education sessions, individual counselling, and group peer support.

As a core service for almost 50 years, the program has assisted thousands of individuals in dealing with their "new normal" after the death of a loved one. Unfortunately, this program is only partially funded, and therefore relies heavily on community support for its sustainability.

Client Assistance Fund

Short-term financial assistance is needed by some of CMHA-WECB's most vulnerable clients. The program is completely funded by the generosity of our community. It provides piece of mind to clients in the form of grocery gift cards and travel vouchers, such as cab fare or bus passes. We are also able to assist clients with unexpected expenses that would directly impact their monthly budget, meaning they would have to go without something else, such as groceries that month.

The Client Assistance Fund allows our clients to focus on their journey to wellness, not financial worries. Since its inception in 2015 we have seen a 250% increase in use of the program.

[Please give today.](#)

Santa Sponsor



Jingle Bell Sponsors



Tree Sponsors



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

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



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Canadian Mental Health Association
1400 Windsor Avenue, Windsor, ON N8X 3L9