



Canadian Mental Health Association Windsor-Essex County

Community well-being is our sole focus.

YOU HELP US MAKE A DIFFERENCE IN OUR COMMUNITY

MESSAGE FROM THE CEO

It's hard to believe that we are already mid-way through September.

It has been a very busy 6 months at CMHA-WECB. Last spring we launched our partnership with the CanAm Police Fire Games coming to Windsor-Essex in 2022. As part of this partnership our goal is to use the years leading up to the games as an opportunity to provide outreach, education and awareness with first responders, their families and the general community. In June CMHA hosted two speakers and coordinated activities to further this mission.



Thank you to all those who participated in our signature fundraisers that both raised record amounts! The Go Green Golf Tournament raised \$55,000 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 also raised over \$55,000 in support of the Bereavement program, Client Assistance Fund and the Sole Focus Project.

September is Suicide Prevention Awareness Month. A growing number of community partners and individuals are participating this year. Suicide affects all of us – each one of us knows a friend, family member or colleague who has lost someone. The good news is that collectively efforts are underway to address this public health issue. #youarenotalone

Two exciting events were held recently in support of the Sole Focus Project. Rock Your Sole: The Final Tour was a magical night with over 400 attendees and \$115,000 raised. Since Rock Your Sole started three years ago over \$350,000 has been raised!! The Windsor premiere of "Last Call" was held on September 21 with over 1,000 people in attendance. I have seen the film and it is truly exceptional. In addition, the Suicide Prevention Community Walk is on Sunday, September 29, 9:30 a.m. at the St. Clair College Sportsplex. This is a FREE event that is open to the community.

I hope that you will be able to join us for our 48th Annual General Meeting on Wednesday, September 25, 2019 @ 5 p.m. at Ambassador Golf Club to hear about other exciting initiatives we are working on. We are delighted to have Bill Jones, Head Coach of Windsor Express. In addition, the Volunteer of the Year Award will be presented to Jasmine Jasey and we will be presenting the CMHA-WECB Community Partner of Distinction Award. We will also be launching our new branding at the AGM!

Finally, I recently joined Twitter and invite you to follow me @ClaudiadenBoer2 to keep informed about all of the exciting things happening with mental health, addictions and primary healthcare.

All the best,

Claudia den Boer
Chief Executive Officer

Green Shield Canada's Six 4 Six Community Grants

To mark Green Shield Canada's (GSC) 60th anniversary – and to celebrate their 60-year history of social responsibility and charitable giving – GSC donated a total of \$6 million dollars to priority projects across six Canadian communities, beginning with Hamilton, Windsor Essex region, Calgary and the Atlantic region. That's "Six 4 Six" – GSC's new community granting initiative.



In keeping with GSC's mission, "Six 4 Six" is funding community programs aimed at improving health care for all Canadians. It represents a new collaborative model that's all about community partnerships. At the local level GSC's Community Granting Program has partnered with the WindsorEssex Community Foundation to award eight local charities a total of \$580,587.

The Canadian Mental Health Association, Windsor-Essex County Branch received \$25,000 in support of the "Building a more Mentally Healthy Community" project that aims to deliver mental health education, training and awareness to at-risk populations and caregivers.

UPCOMING EVENTS



Community well-being is our sole focus.

Join us for
48th Annual General Meeting

Wednesday, September 25, 2019
5 to 6:30 pm
Ambassador Golf Club, 1025 Sprucewood Ave., Windsor, Ontario

RSVP: Meliha Ferhatovic by September 20, 2019
 519-255-8940 x209
 mferhatovic@cmha-wecb.on.ca

Guest Speaker:
Bill Jones
 Head Coach & VP Basketball Operations
 Windsor Express

Annual General Meeting

Wednesday, September 25

Join us at our 48th AGM with guest speaker Bill Jones

<https://windsorsex.cmha.ca/events/agm/>



SUICIDE PREVENTION WALK 5KM OR 2KM
 RAIN OR SHINE

SEPTEMBER 29, 2019
ST. CLAIR COLLEGE SPORTSPLEX
 2000 TALBOT ROAD WEST, WINDSOR

8:30 FREE Registration
 (Sportsplex Lobby or Pre-Register Online)

9:30 Welcome and Opening Remarks, Walk to Follow

YOU ARE NOT ALONE

WINDSORSEX.CMHA.CA/SUICIDEPREVENTION

Suicide Prevention Awareness Month Walk

Sunday, September 29

Join us in support of everyone affected by suicide loss.

<https://windsorsex.cmha.ca/events/walk2019/>



In Good Divas

A GIRLS NIGHT OUT IN Handbag HEAVEN

Fabulous Handbag Auction including Celebrity, Vintage & Designer Bags Supporting CMHA Windsor-Essex County & Windsor Regional Hospital

\$65/Ticket
\$600/Table of 10

Thursday, October 24
Giovanni Caboto Club
 Doors at 5 pm | Tim Hortons Coffee Bar
 Fashion Show and Dinner at 6 pm

tickets@dogooddivas.com | 519-990-4807 | www.dogooddivas.com

A Girl's Night Out in Handbag Heaven

Wednesday, October 24

Charity purse auction supporting CMHA.

<http://www.dogooddivas.com/>



DETROIT BASKETBALL PRESENTS
 Canadian Mental Health Association Windsor-Essex County
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FRI, JAN. 31 – 7:00PM
VS. TORONTO RAPTORS

Join the Canadian Mental Health Association, Windsor-Essex County Branch at Little Caesars Arena on Friday, Jan 31st vs Toronto Raptors! Members, family, friends receive an exclusive discount. A \$5 proceeds from each ticket purchased will benefit the CMHA Safe Focus Project.

EXCLUSIVE TICKET PRICING:
 MEZZANINE END (M1-M2): \$75* (\$90 value)
 200 NORTH END CLUB (201-202): \$45* (\$61 value)
 *taxes additional

TICKET PACKAGE INCLUDES:

- FREE Parking for each ticket purchased (subject to Pistons Game)
- Program from Three Stripes: The Pistons Club for all purchases

PURCHASE TICKETS AT:
PISTONS.COM/CMHA

Offer cannot be redeemed at the ball game.
 For additional information, please contact:
PAIGE MORVAH
 (416) 971-8813 / PAIGEMORVAH@PISTONS.COM

ORANGE MONDAY, DECEMBER 2, 2019

Detroit Pistons Night

Friday, January 31, 2020

Exclusive ticket package & pricing!

pistons.com/cmha



YOU ARE NOT ALONE

WINDSORSEX.CMHA.CA/SUICIDEPREVENTION

Suicide Prevention Awareness Month

Suicide continues to be a serious issue, both nationally and locally, but we can work together to prevent suicide. For the last three years, the Canadian Mental Health Association, Windsor-Essex County Branch, and the Windsor-Essex County Health Unit (WECHU), along with many community partners, have organized Suicide Prevention Awareness Month throughout September.

A series of events are being held to start a conversation around suicide awareness and prevention. The goal is to bring awareness to suicide and let individuals know that they are not alone. Highlights include: a 2K/5K Walk at the St. Clair College SportsPlex on Sunday, September 29th, the 5th annual Cainerfest (September 13-14), the Windsor premiere of "Last Call" produced by well-known local film-maker, Gavin Michael Booth and more!

Throughout Suicide Prevention Awareness Month, local community partners, businesses and organizations will participate in the 'Go Yellow' Campaign by hosting special events, training seminars and more. The Suicide Prevention Awareness website, windsorsex.cmha.ca/mental-health/suicide-prevention, is the information hub for the month. There you will find a calendar of community events, information about the signs and symptoms of someone struggling with suicidal thoughts along with crisis information, and a toolkit that can be used to help raise awareness.

The City of Windsor officially proclaimed September Suicide Prevention Awareness Month in Windsor, and the Mayor recorded a message for all citizens, [watch here](#).

Local director Matthew Lupino debuted his short film "H.O.P.E." at CMHA on September 10, World Suicide Prevention Day, to a full house.

Hometown film-maker Gavin Michael Booth also held the Windsor Premiere of his award winning film, "Last Call" at the Chrysler Theatre on September 21 to over 1,000 people. A \$5,000 donation was made to CMHA, proceeds from the event. Look for it to be among the films at this year's Windsor International Film Festival.

The month will be capped off with the 4th Annual Suicide Prevention Awareness Walk being held at the St. Clair College SportsPlex on Sunday, September 29th. Free registration begins at 8:30am, remarks at 9:30am followed immediately by the 2K and 5K walks. Register [online here](#).

To purchase a Suicide Prevention Awareness t-shirt for \$15, [click here](#), and for a full list of events, [click here](#).

[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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