



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

Community well-being is our sole focus.



MESSAGE FROM THE CEO

Spring is upon us and with it comes growth and renewal. It is my pleasure to “meet” you in my new role as CEO of the Canadian Mental Health Association, Windsor-Essex County Branch! I’ve had the opportunity to work with CMHA for many years, most recently as the Vice President, Clinical Services, Mental Health & Addictions at Hotel-Dieu Grace Healthcare. As such, I’ve had the opportunity to work on many exciting initiatives to strengthen the mental health and addictions sector in Windsor-Essex. I look forward to furthering this work over the coming months.



Mental health is definitely top of mind as we head into May, which is Mental Health month. We have many exciting events and activities planned throughout the month. After two years, the pandemic has weighed us down in so many ways. It’s been stressful, isolating, and emotionally exhausting. Practicing empathy, the theme for Mental Health month, is one way to support each other through these trying times and come out more

resilient on the other side. Check out all of the events and activities planned by visiting our website, windsoressex.cmha.ca.

We are very excited that many of our fundraising events are back to being in person! This includes the 9th annual **Ride Don't Hide** event. Whether you wish to walk, cycle, run or do yoga – do the Ride your way! Join us in person on June 26, or participate virtually throughout June. Our **Go Green Golf Tournament** is also back and SOLD out! Thank you to all of the participants and sponsors who make these events phenomenal successes! Your support is vital in supporting our Bereavement program, Client Assistance Fund and Mental Health Promotion.

CMHA-WECB is also the lead organization for the Youth Wellness Hub Windsor-Essex. Together with our partners, we are delighted to bring this service to our community. The Youth Wellness Hub offers FREE mental health supports together under one roof for youth aged 12-25. As we work towards a permanent location, the Hub is currently located in Cottage #6 at Maryvale. Check out youthhubbyqg.com for information about programs and services.

Thank you for your ongoing support of CMHA-WECB. I look forward to meeting you in person in the days and weeks ahead.

All the best,

Dr. Sonja Grbevski
Chief Executive Officer

Understanding someone's feelings



CMHA Mental Health Week Month

This year, Mental Health Month is all about **Empathy** – the ability to share someone else's feelings or experiences by imagining what it would feel like to be in their situation. We have shared a collective experience over the last 2 years, and collective empathy for the difficulties we have each faced during the course of the pandemic. We all want and need to feel seen and heard. Let's stop polarizing and start empathizing. This mental health month, don't weigh in, tune in.

This year, for Mental Health Month, CMHA-WECB is pleased to be hosting the following activities and hope you'll join us. For a complete list and all the details, [click here](#).

May 2-8 City Hall will be lit up green

May 2-15 [Cynthia's Flowers](#)

May 2 CMHA National Kick-off: [Exploring Empathy](#)

May 3 Empathy Workshops: [Self-compassion](#) & [Caring for Ourselves](#)

May 5 Ride Don't Hide Launch (watch on Facebook Live at 9:30am)

May 5 & 6 [ASIST Training](#)

May 7 [Windsor CrossFit vs. First Responders Challenge](#)

May 7 [Bridge 2 Bridge](#)

May 16 [safeTALK Training](#)

May 18 & 19 [ASIST Training](#)

May 25 [Stepping Into Retirement](#)

May 26 [ASIST Tune-up](#)

May 27 [Suicide to Hope Training](#)

May 27 & 28 [Jeff Burrows' 24 Hour Drum Marathon](#)

We will also have daily posts on empathy on our social media channels.

Supporting Our Front Lines & the Can-Am Police-Fire Games

In 2019 CMHA-WECB was delighted to be selected as the official charity partner of the Can-Am Police-Fire Games. Recognizing the high levels of stress that accompany those that work on the front lines, CMHA-WECB formed a coalition with area first responder agencies, and have been working over the last 3 years to provide additional training, education and support specific to first responders and their families. “We Help First” now has a dedicated [website](#) and [social media](#) channels providing access to news, events and trainings.

We are proud of our partnership with our first responder agencies and the City of Windsor, and look forward to an exciting build-up to the Games in July, including hosting the [Chief's Luncheon](#), a partnership challenge with Windsor Crossfit and so much more!

The Can-Am Police-Fire Games and CMHA-WECB have teamed up with Windsor CrossFit for the **“First Responders vs. Windsor CrossFit”** challenge! This fun event will feature 4-member teams from Windsor CrossFit, CMHA-WECB, Windsor Police, Windsor Fire and Essex-Windsor EMS participating in five different events. Taking place on Saturday, May 7th at Windsor CrossFit (1106 Laramie – at the corner of First and Laramie) from 9:30am-12:30pm.

Events include:

“Engine” – 7-minute AMRAP burpees

“Hang in There” – the team that hangs from a pull-up bar the longest, wins!

“The Long Haul” – teams have 15 minutes to pull the heaviest possible sled across a 75' distance

“Race Pace” -the first team to reach 240 calories on the Concept 2 Rower, wins!

“Scrambled or Hard Boiled?” – the team that makes it through the obstacle course successfully in the shortest amount of time, wins! Each teammate must carry an egg on a spoon throughout.

Points are awarded with a 20-point spread from 1st to 5th place.

As an added bonus, teams will be given 10 points for every \$100 raised for the event. Donations to each team can be made at

www.windsor-essex.cmha.ca/windsor-crossfit/.

Proceeds from the event will support CMHA-WECB’s work with local First Responders.

Additionally, Windsor CrossFit is offering 25% off memberships for any first responder who signs up for the Can-Am Games. **This membership is for use for training up until the Games. Post games, the membership would revert to regular pricing if the First Responder chooses to stay with the gym.*



UPCOMING EVENTS



Cynthia's Flowers
May 1-15, 2022
[Complete details here](#)



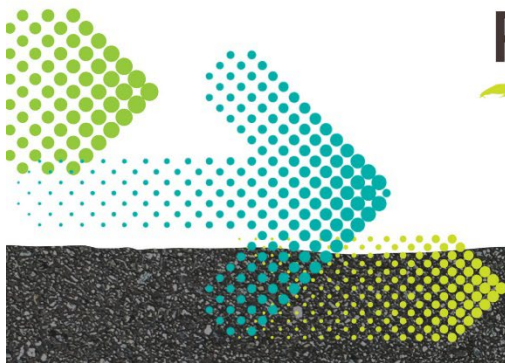
Stepping Into Retirement
May 25, 2022
[For details & to RSVP](#)
Malden Park Visitor Centre



Jeff Burrows' Drum Marathon
May 27/28, 2022
Good Time Charly
4715 Tecumseh Rd E



Ride Don't Hide
June 26, 2022
Online & In-person
[Registration now open!](#)



Registration is open!

Join Ride Don't Hide for your **MENTAL HEALTH**
and raise funds for your **COMMUNITY**.

ridedon'thide.com

Ride Don't Hide is Back Baby!

Ride Don't Hide is the largest mental health bike ride in Canada. But it's more than a fundraiser - it's a movement for mental health and we are so excited to be hosting the event in person once again this year!

Ride Don't Hide is a way to take care of yourself and take care of your community. Ride Don't Hide 2022 will see a return to our traditional cycling event, with 10km, 20km, 50km and 100km cycling routes available, PLUS a 5km/10km walk/run, AND yoga on the lawn. Not comfortable in a crowd yet? No problem, you can also sign up as a virtual participant and do whatever it is that you enjoy throughout the month of June.

Take advantage of [Early Bird registration](#) rates now!

We have great prizes for fundraising again this year, thanks to sponsor Gates!

Check out all of the event information on the [website](#).

Are you passionate about fundraising?

Are you passionate about mental health and fundraising? Do you have great energy and ideas? If this sounds like you, we invite you to join us as part of our Fundraising Support Committee. The Committee meets six times per year and helps to generate ideas and donor leads and build awareness for CMHA-WECB. Interested? Contact Kim Willis today at kwillis@cmha-wecb.on.ca.

youth
wellness
hubs
ONTARIO

carrefours
bien-être
pour les jeunes
DE L'ONTARIO

Youth Wellness Hub

Windsor-Essex

For youth aged 12-25

Rapid access to mental health, substance use services, primary care, community and social services.

No Wait Times
Walk-In Services Available
No Referral Needed

- Mental health challenges
- Substance use challenges
- Primary care
- Peer support groups
- Peer support one-on-one sessions
- Educational groups
- Recreational activities

Located at Maryvale Cottage #6

3640 Wells Street, Windsor ON
519-982-3212

Hours:

Mon Wed Fri	10-6
Tues Thurs	10-7
Saturday	10-2



YouthHubYQG.com



[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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