



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

Community well-being is our sole focus.



MESSAGE FROM THE CEO

Happy Mental Health Month!

While many communities celebrate Mental Health Week in May, at CMHA Windsor-Essex we have activities happening throughout the month of May to bring awareness to mental health.

This year the theme is #MYSTORY. Storytelling is a fundamental part of being human. Stories help build connections and strong communities.

Storytelling, in all its forms, supports mental health and reduces stigma. And when we hear and share stories we know that we are NOT alone.

This year's theme amplifies some of the voices and spaces within which mental health exists across Canada, especially at the community level through non-profit agencies and programs. It also meshes nicely with the "This is CMHA" branding that we



introduced last year. The goal of the campaign is to highlight the stories and individuals that make up CMHA Windsor-Essex.

There has been a flurry of activity over the last several weeks. We are most grateful to so many individuals, businesses and organizations who have supported CMHA. Thank You to the Dan Gemus team for organizing Country at Heart held in April. It was a fun-filled evening with fabulous food and entertainment. Funds raised are supporting the renovations of the permanent home of the Youth Wellness Hub. Stay tuned for more details on the grand opening this Fall.

Also, back by popular demand was Rock Your Sole: The Comeback Tour held on April 29. It was wonderful to be able to host this event again. A special Thank You to the organizing committee for their ongoing efforts and support of CMHA. We then kicked off Mental Health month with the launch of the 10th annual Ride Don't Hide cycling event. Be sure to save the date and register at ridedonthide.com. A new addition to Ride Don't Hide was the Glow Ride held on May 6, organized by Holden Packer and the Packer family.

Our breakfast series, Wake Up Speak Up was held on May 4 with the Hon. Jody Wilson-Raybould as our keynote speaker. Jody shared her experiences as a woman in politics and her efforts in support of reconciliation. As part of the program, Dr. Patrick Smith was recognized as the Carol Mueller Mental Health Champion for 2023.

There are several more events and educational opportunities throughout the month of May. The activity continues into June with two of our signature events - the Go Green Golf Tournament and Ride Don't Hide. I encourage you to visit our website, windsoressex.cmha.ca for all of the information.

It is inspiring to see the growing interest in supporting mental health. A growing number of individuals are recognizing that there is no shame in experiencing a mental health crisis – this is a good thing. Together we are making a difference.

Thank you for your ongoing support of CMHA-WECB.

All the best,

Dr. Sonja Grbevski
Chief Executive Officer

Wellness & Recovery College

CMHA-WECB launched the Wellness & Recovery College in September 2022, welcoming students interested in focusing on personal recovery and growth in the areas of mental health and addictions, and well-being. The College is open to anyone in the community, including those with lived/living experience and their caregivers.



Wellness & Recovery College courses are co-developed by trained Peer Support Workers along with those with lived/living experience. Facilitated by a Peer Support Worker, these free courses are provided in a safe, confidential, inclusive learning environment with a focus on building hope and empowerment. The lived experience of the Peer Support Worker helps to provide guidance, fosters a culture of hope, and reveals new possibilities and opportunities for students.

The Wellness & Recovery College operates four semesters throughout the year with new courses added regularly: January-March, April-June, July-September, and October-December.

We are proud to have had more than 300 registrations, 12 different course offerings providing 190 hours of classroom teaching, and incredible outcomes for our students.

To learn more, please visit www.windsor-essex.cmha.ca/wellness-recovery-college.



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada



Mental Health First Aid

Just as it is important for each of us to know how to intervene during a medical emergency, so too is it important to know how to intervene and assist during a mental health event.

Mental Health First Aid is help provided to a person developing a mental health problem, experiencing worsening of a mental health problem, or in a mental health crisis. It is the help that is given until more appropriate support is found or the crisis is resolved.

Mental Health First Aid is an international program that is active in 20 countries. Over 300,000 Canadians have been trained. Anyone can be trained.

Topics covered during the full-day training include:

- substance-related disorders
- mood-related disorders
- anxiety and trauma-related disorders
- psychotic disorders
- crisis first aid interventions for overdose, panic attacks, psychotic episodes, suicidal behaviour, and acute stress reactions

The positive impacts of the training include:

- improved mental health literacy
- significantly greater recognition of the most common mental health problems
- decreased social distance from people with mental health problems
- increased confidence in providing help to others
- improved mental health of the MHFA participant

The Canadian Mental Health Association, Windsor-Essex County Branch, is proud to add this training to our suite of mental health education and training.

Registration for the inaugural course being held on June 2, is now open:

windsor-essex.cmha.ca/events/mhfa-060223/

UPCOMING EVENTS



Go Green Golf Tournament

June 12, 2023

Essex Golf & Country Club

[Click for more info](#)



Ride Don't Hide

June 25, 2023

Children's Aid Society (Parking Lot)

[Register today!](#)



**Jeff Burrows' 24 Hour
Drum Marathon**
May 26, 2023
Good Time Charly
[Donate here!](#)



Detroit Tigers
Canadian Fan Game Night
July 9, 2023
Comerica Park
[Get your tickets!](#)

[Donate Now](#)

[Become a Member](#)

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

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



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