



# Canadian Mental Health Association Windsor-Essex County

*Community well-being is our sole focus.*



## MESSAGE FROM THE CEO

As we return to the routine of back to school and the air turns a little cooler, I hope you all had the opportunity to experience some rest and relaxation this summer.

We continue to make quality improvements and expansion to services here at CMHA-WECEB. In particular, I'm proud to share that our Focused Recovery Program (formerly known as Intensive Case Management) has no wait list for the first time in several years. This type of quality improvement does not happen without the input and work of our staff, clients, families and community partners. Thank you to all for your hard work and dedication.

September marks **Suicide Awareness Month** in our community. There are many trainings, workshops and events planned throughout the month, including the return of our annual Community Walk in-person on September 25. We look forward to coming



together in memory of those lost to suicide, those struggling with a mental illness, and those supporting a loved one. For more information about these events and other activities visit, <https://windsoressex.cmha.ca/suicide-awareness/>.

Dynamic programming and services continue to be offered at the Youth Wellness Hub Windsor-Essex. We look forward to bringing you some exciting announcements about a permanent location in the coming months. If you'd like to donate in support of the Hub, please visit <https://youthhubygq.com/donate/>.

Another easy way to support the Youth Hub is by eating cookies! We are thrilled to have been selected as one of the two local charities receiving proceeds from this year's Tim Hortons **Smile Cookie** campaign. The campaign runs from September 19-25. With your help we can make this the best year ever!

Thank you for your ongoing support of CMHA-WECEB. Until we meet again, please stay well.

All the best,

*Dr. Sonja Grbevski*  
Chief Executive Officer

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### **LivingWorks Trainings Enable Anyone to Become a Suicide Alert Helper**

CMHA-WECEB has several certified trainers in LivingWorks programs, including safeTALK, Applied Suicide Intervention Skills Training, and Suicide to Hope. Sessions are offered regularly throughout the year. For a list of upcoming dates, visit our [website](#).

#### **safeTALK**

LivingWorks safeTALK is a 3.5 hour face-to-face workshop featuring powerful presentations, audiovisuals, and skills practice.

## **Suicide Intervention Training**



At a LivingWorks safeTALK workshop, you'll learn how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support.

LivingWorks safeTALK trainees learn to recognize when someone is thinking about suicide and connect them to an intervention provider, such as an LivingWorks ASIST trainee. In this way, LivingWorks safeTALK trainees build a safety network around these intervention providers and greatly increase their reach and impact.

A skilled, supportive trainer will guide you through the course, and a community resource will be on hand to support your safety and comfort.

### **Applied Suicide Intervention Skills Training (ASIST)**

ASIST is an evidence-based two-day, in-person training facilitated by certified LivingWorks trainers. You will learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.

Two knowledgeable, supportive trainers will guide you through the course, ensuring your comfort and safety.

### **Suicide to Hope**

Even after a LivingWorks ASIST intervention, thoughts of suicide sometimes linger as people feel "stuck" with the unresolved issues in their lives. LivingWorks suicide to Hope empowers professionals to help them address these issues so they can recover, grow, and stay safe and alive in the long term.

LivingWorks suicide to Hope is a one-day face-to-face workshop for professional helpers. It features powerful audiovisuals, discussions, and simulations.

At LivingWorks suicide to Hope, you'll learn new counseling and support tools designed to help people with lingering thoughts of suicide. Modeled on recovery and growth techniques in post-traumatic stress counseling, these tools can integrate into any treatment approach.

A skilled facilitator will guide you through the course.

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### Client Assistance Fund - Comfort Closet

In the early days of the COVID-19 pandemic, Bianca Montaleone and a few friends knew they wanted to do something to help support those in need during the holidays. As a devout supporter of the Canadian Mental Health Association, Windsor-Essex County Branch (CMHA-WECB), Bianca and her husband Dr. Pat Montaleone, along with their children and several friends, invited their networks to donate clothing, toiletries, toys and other items to be given out to CMHA-WECB clients that might be needing a little extra help that year. The fundraising drive was a great success, and so they repeated it again for Christmas 2021.



While making an impact during the holidays was a wonderful thing to do, Bianca wanted to do more. The couple approached CMHA-WECB to establish a “Comfort Closet”, a space that could house needed items throughout the year. Thanks to their generous monthly gift, the Comfort Closet is available to CMHA-WECB clients via their case worker to access toiletries, clothing, non-perishable food items and gift cards.

“We are happy to support CMHA-WECB and the community in a small way. Everyday essentials are needed daily not just at the holidays. It is important for us to give back and pave the way for our children”, stated Mrs. Montaleone.

The Comfort Closet is part of CMHA-WECB’s Client Assistance Fund, a fund that was established more than 5 years ago to help clients during times of financial need. Up to \$250 per client per year is available to assist with transportation to appointments, grocery cards, unexpected expenses and other items. Since its inception, the fund has provided more than \$67,000 in support to over 1,300 clients.

“We can’t thank the Montaleone’s enough for their generosity, the impact of which is felt by our clients on a daily basis”, stated Dr. Sonja Grbevski, CEO, CMHA-WECB.

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## UPCOMING EVENTS

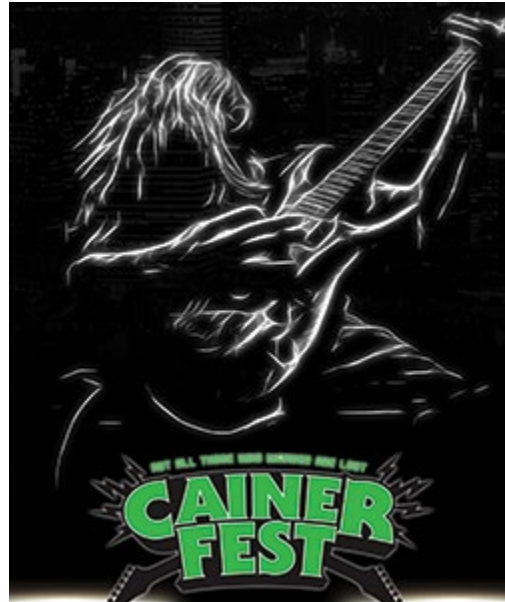


### **Suicide Awareness Month Community Walk**

**September 25, 2022**

St. Clair College SportsPlex  
200 Talbot Rd

[Registration now open!](#)



### **Cainerfest**

**September 16 & 23, 2022**

Rockstar Music Hall  
2418 Central Ave.

[Get tickets here.](#)

51<sup>st</sup>



Canadian Mental  
Health Association  
Windsor-Essex County

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# ANNUAL GENERAL MEETING

**September 21, 2022**

**4:30 PM**

J.P. Wiser's Experience Centre  
2072 Riverside Dr. E., Windsor

RSVP: Joanne Brown  
(519) 255-9940 x378  
jbrown@cmha-wecb.on.ca

[www.windsor-essex.cmha.ca](http://www.windsor-essex.cmha.ca)



# It's almost time for smile cookie™

Sept. 19-25<sup>th</sup>



*Tim's*

At participating restaurants in Canada. © Tim Hortons, 2022

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



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