



MESSAGE FROM THE CEO

As spring arrives, it brings a sense of renewal and hope. It is something we work toward every day at CMHA Windsor-Essex. After a long winter, I think we are all ready for a little more light, a little more energy, and maybe even a few less layers.

This May, during Mental Health Month, we are reminded of the importance of coming together. Across our community, more people than ever are reaching out for mental health and addiction support. Behind each request is a person who deserves timely and compassionate care.

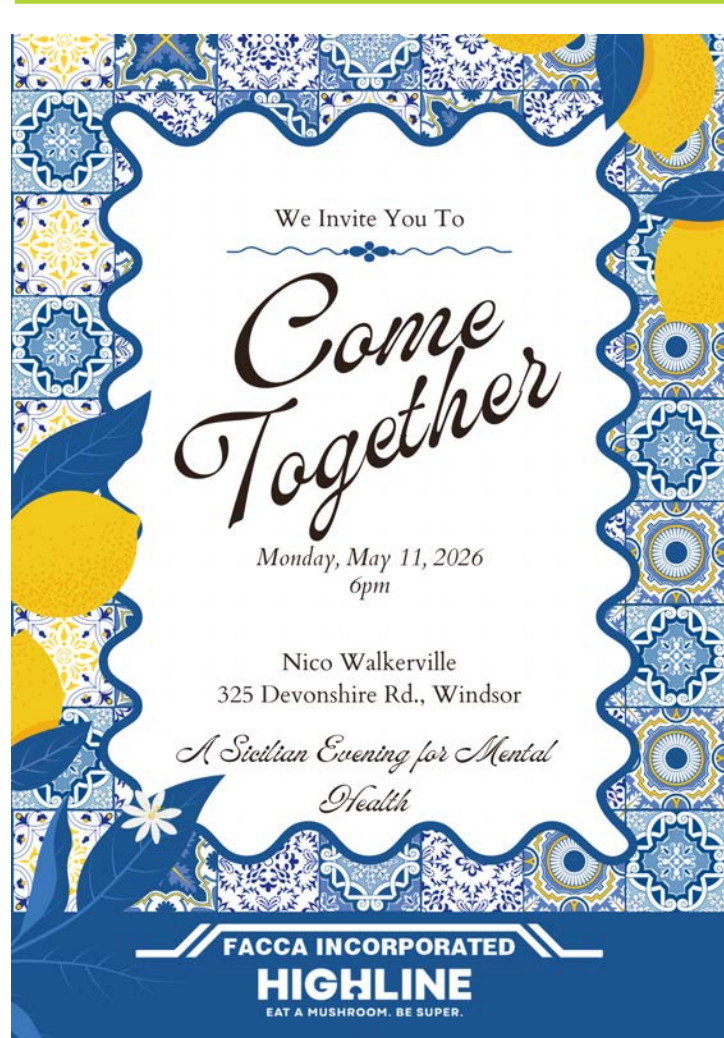
At CMHA Windsor-Essex, we continue to work alongside our partners to improve access to integrated, community-based services so people can get the help they need, when and where they need it. Real progress happens when we work together.

Mental Health Month is a chance for all of us to play a role. It can be as simple as starting a conversation, supporting someone, or taking action in your own way. Events like Come Together: A Sicilian Evening for Mental Health are a reflection of what is possible when a community comes together around a shared purpose.

To our donors, partners, staff, and volunteers, thank you. Your support is helping to build a community where mental health is valued and accessible for everyone.

Until next time,

Nicole Sbrocca
Chief Executive Officer



We invite you to **"Come Together"**
A Sicilian Evening for Mental Health
Good Food. Good Company. Stronger Minds.

5 Course Meal + Glass of Wine, Entertainment

MENU
SICILIAN ARANCINI
Risotto fritter with peas, saffron & mozzarella with a Sicilian pesto aioli.

ORANGE SALAD
Shaved fennel, pecorino, honey citrus dressing, fresh greens.

PACCHERI ALLA NORMA
Fried eggplant in tomato sauce with basil and ricotta salata.

Choice of:
POLLO ALLA MARSALA Slow cooked chicken thighs in a sweet Marsala wine sauce with wild mushrooms
BRANZINO Cast iron seared with Sicilian salmoriglio sauce
GIAMBOTTA Spring vegetable stew served over couscous

SICILIAN CANOLI
[Click here](#) for more information and to purchase tickets.



CMHA Mental Health Month is Coming

Somewhere in Canada right now, someone is feeling alone.

Not because they want to be.
Not because they've done anything wrong.

But because disconnection has quietly become part of modern life. In Canada millions say they feel lonely often or always.

That's why this year's Mental Health Week theme is: Come Together, Canada. Stronger connections, better mental health.

This month, we're inviting people across the country to take small, everyday actions that strengthen belonging.

The 2026 toolkit is now live. Download it. Share it. Bring it into your workplace, classroom, or community.

Because social connection strengthens mental health.

www.mentalhealthweek.ca



Volunteers Are at the Heart of What We Do

National Volunteer Week is April 19-25 and we'd like to recognize and celebrate something truly extraordinary: the people who choose to give their time, energy, and compassion to others.

At CMHA-WECB, more than 1,000 individuals—past and present—have collectively contributed over 28,000 hours of volunteer service. That's not just an impressive number. It represents thousands of moments of connection, care, and community impact.

The theme of National Volunteer Week 2026 reminds us that every act of volunteerism—big or small—helps build stronger, more resilient communities. Whether you've supported programs directly, helped at events, offered peer support, or contributed behind the scenes, your presence has made a meaningful difference in the lives of those we serve.

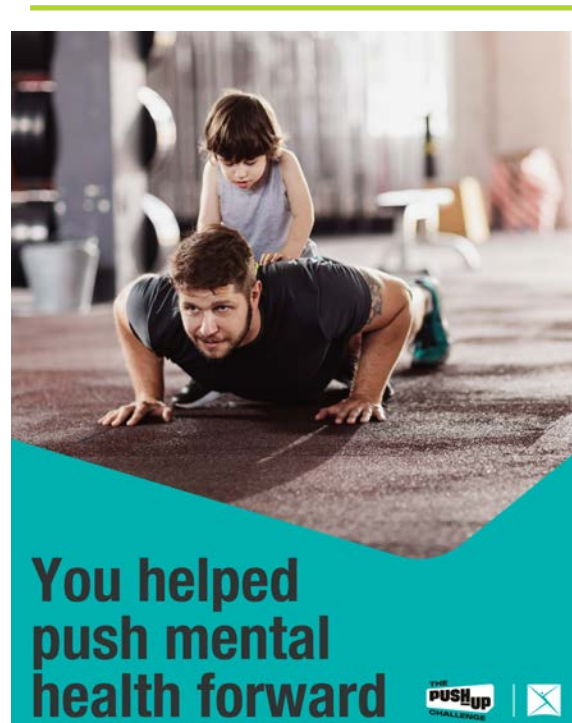
Volunteers are often the quiet force behind the work we do. You show up with empathy, lend your skills, and help create spaces where people feel seen, supported, and valued. In a world where mental health challenges continue to grow, your contributions are not only appreciated—they are essential.

To those who have volunteered with us in the past, thank you for helping shape who we are today. To those currently walking alongside us, thank you for continuing to strengthen our mission every day.

You are part of something bigger—a collective effort to build hope, reduce stigma, and support mental wellness across our community.

This week, and every week, we celebrate you.

VOLUNTEER



Thank You for Pushing for Better

It was another incredible year for The Push-Up Challenge!

Locally we had 647 people join Team Windsor-Essex, raising an absolutely outstanding \$51,001!

Some special recognition to Norbert and Karen Bolger, who raised an incredible \$19,305! Norbert was the second top fundraiser in the country for the second year running.

Nationally over 104,000 people pushed for better, raising an incredible \$3.8 million for mental health in Canada.

We are so proud of everyone who helped push for better mental health - thank you!



Save the Date!
McHappy Day is coming.
Proceeds supporting the Youth Wellness Hub Windsor-Essex

UPCOMING EDUCATION & TRAINING

Learn more about these upcoming educational workshops and training opportunities:

- [Healthy Minds 4 Men](#) - a series of webinars for "guys being dudes"
- [Enjoy Your Baby](#) - for caregivers of infants in the first year postpartum
- [Normative Grief Training](#) - grief and bereavement concepts for service providers
- [ASIST and safeTALK](#) - suicide alertness and life promotion training
- [Mental Health First Aid](#) - develop skills to support others in mental health decline
- [Lunch & Learns](#) - free virtual workshops on a variety of topics

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