



Enabling Accessibility Fund Grant

The Honourable Candice Bergen, Minister of State (Social Development), announced Government of Canada investments to assist people with disabilities across the country at CMHA Winnipeg on September 5th, 2013. CMHA Winnipeg was thrilled to host this announcement and receive \$18,534 for accessible technology through the Enabling Accessibility Fund of HRSDC.



From left: Tessa Blaikie, Youth Mental Health Promotion Worker CMHA Winnipeg Region, Honourable Candice Bergen, Minister of State (Social Development), Nicole Chammartin, Executive Director CMHA Winnipeg Region, Joyce Bateman, Member of Parliament for Winnipeg South Centre, Dr. Rudy Ambtman, Chairperson of the Board CMHA Winnipeg Region.

HEROES of Mental Health

Each year the Canadian Mental Health Association, Winnipeg Region (CMHAW) honours and celebrates the victories of people who live with the effects of mental illness. Heroes awards acknowledge the many contributions made by individuals and organizations to the advancement of mental health.

Heroes Awards will be given out in seven categories: Individual, Friend/Family, Mental Health Professional, Volunteer, Organization/Business, Media and Philanthropist or Philanthropic Organization.

Nominations for Heroes Awards closed on Friday, August 30 and are now finalized. To view this year's list of nominees and nomination stories please go to www.cmhawpg.mb.ca. Winners will be announced at the Heroes Luncheon on October 10.

Last year's Heroes Luncheon was a sold out affair with many memorable, moving stories. We hope you will join us this year!

HEROES AWARDS

Thursday, October 10, 2013
11:30 am – 1:30 pm

Hotel Fort Garry, Grand Ballroom, 222 Broadway

Guest Speaker: Big Daddy Tazz

Emcee: Ace Burpee,
103.1 Virgin Radio

"All of our Heroes are an inspiration. Though their accomplishments are diverse, they have a common thread of working to improve not only their own lives, but the lives of others, a laudable goal."

—Nicole Chammartin,
Executive Director, CMHA Winnipeg

CMHAW thanks the following gracious sponsors for their contributions to the Heroes Luncheon.



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Tickets are available

ONLINE: www.cmhawpg.mb.ca

BY PHONE: 204-982-6100

IN PERSON: 930 Portage Avenue

Individual tickets are \$55 each

A table of 8 is \$440

All Charities Campaign

Lynette Plett, Chair of the Management Board for the 2013 All Charities Campaign presents CMHA Winnipeg's Pam Porth, right, with a cheque.





Stacey Shule
Community Educator
204 982-6122
staceys@cmhawpg.mb.ca

Living Life To The Full! 1-2-3 Ready for Fall Tips

Fall reminds me of change and doing things different, as my brother would say, "I'm going to turn over a new loose leaf"

The Canadian Mental Health Association Winnipeg is excited to offer Living Life to the Full this fall. The course encourages participants to look at doing things differently and making changes in their lives. If you don't have a chance to take this exciting course, what can you do right away to make you feel happier and less worried? A few tips from the last session on the 8 week course:

1 Take the Stairs We don't always have the time or the money to join a gym, but there are always opportunities for exercise. If you live or work in a building take the stairs each day. When we exercise we are sending happy chemicals to our brain.

2 The Happy List We tend to forget about the good things that happen each day when we are feeling down. It could be a smile from a coworker when you pass them in the hall or the sound of a child's laughter. You may have opened the door for a stranger who was struggling with their grocery bags. Take a few minutes each night to write down three good things that happened each day. Focus on the "happy" things and you will feel better for it!

3 Don't Suffer in Silence Music is wonderful to cope with stress and to let go of your worries. When feeling overwhelmed put on some of your favourite music. You can have a dance party or just listen still remembering the good memories you associate the song with. ■

MISSION

The Canadian Mental Health Association, Winnipeg Region is part of a nation-wide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

We'd like to hear from YOU!

CMHA Winnipeg Region is Conducting a Survey:

What would YOU like from your CMHA Winnipeg?

Why?

The Ownership Linkage Committee (OLC), a committee of Canadian Mental Health Association, Winnipeg Region fulfills its role by creating linkages with the Winnipeg population served by CMHA Winnipeg Region, and listening to the concerns and expectations of this population. In this way, the OLC aims to ensure that CMHA Winnipeg Region effectively meets the needs of its target population.

Over the past year OLC has spent time planning for a series of consultations to take place in 2013-2014. The plan of the OLC is structured upon a question and answer exercise targeting CMHA Winnipeg Region's current and potential beneficiaries.

The committee decided that, rather than ask a series of questions, the exercise would be simplified by asking the **one** universal question: What would You like from your CMHA Winnipeg?

Thank You!

Thank you for taking the time to help Canadian Mental Health Association, Winnipeg Region serve the community better.

I question I stop

ONLINE <http://www.surveymonkey.com/s/JT6NPP9>

or

IN PERSON at CMHA Winnipeg Region office, 930 Portage Avenue



Get your dose of good advice

Medicine Shoppe and CMHA Winnipeg Region will be holding clinics the last Thursday of September, October & November

Elizabeth Aràuz - Tijerino, BSc. Pharm
Owner/Pharmacist and team from
The Medicine Shoppe Pharmacy #305 at
1765 Portage Ave. will lead the clinics.

Thursday, September 26, 9:30am-1:00 pm
Medications Review. Bring your medications for a full review, have questions answered, talk about interactions and optimal support.

Clinic location:
CMHA Winnipeg, 930 Portage Ave.

Thursday, October 31, 9:30am-1:00 pm
Diabetes Medication Review A look at glucose target levels, medication review, and diet. Bring your glucose meter and medications.

Thursday, November 28, 9:30-1:00 pm
Seasonal Depression. We'll discuss supplements and over the counter medications.

Call for more info at 204-982-6100

ASK CARLOS

For this issue, instead of answering a question about a specific topic, I would like to take the opportunity to describe the Information & Referral service at the CMHA Winnipeg region office, especially with expanded hours for the service starting soon. For future newsletters, I welcome questions that you may have related to accessing mental health services and supports in Winnipeg.



The Information Referral Service provides people with information about services and supports for those concerned about mental wellbeing, and for those experiencing mental health difficulties.

We are aware that people have different ways of understanding "mental health" and take care of it by finding different supports.

In response to a need for people wanting to connect with us after regular hours (Monday to Friday, 8:30 am-4:30 pm), the Information & Referral Service will have expanded hours starting this fall. This will include two evenings of support by telephone.

For more information, please contact the CMHA Winnipeg Information & Referral Service at 204-982-6127 or information@cmhawpg.mb.ca.

These are some of the ways we have noticed people look after their mental health:

- Talk to their families, friends, or people in their communities
- Talk to someone at their place of worship or in their spiritual circles
- Commit to self-care which may include any of the following: meditation, exercise, reading, following spiritual or religious practices
- Get connected to Cultural healing practices
- Go to a counsellor or therapist
- Source a psychiatrist or psychologist
- Get support from a Case Manager
- Join a peer support group
- Look for alternative medicine

We are also aware that many people rely on professional services because they may not have some of the mentioned supports available or are looking for other perspectives to help them deal with their problems.

Many people have said that they find the mental health system confusing because they are not sure which numbers to call or where to go for professional help. The Information & Referral Service can provide information on:

- Navigating Winnipeg's mental health system
- Finding help
- Mental health services through government and the Regional Health Authority
- Mental health services through non-profit groups and organizations
- Mental health
- Mental Illness ■

FALL

Courses & Workshops

Living Life To The Full (LLTFF)
Wednesdays, October 9 – November 27
4:00 - 5:30 pm
McNally Robinson Booksellers

Living Life To The Full (LLTFF)
Thursdays, October 17 – December 12
1:00 CLASS on October 31)
1:00 pm
CMHA Winnipeg Region
930 Portage Ave.

Mental Health First Aid (MHFA Basic)
Adults Who Interact With Youth (AWIYW)

MHFA Basic – September 18/19
MHFA AWIYW – October 21/22
MHFA Basic – November 21/22

Rehabilitation & Recovery Service, Information Sessions

September 23
1:30 pm
CMHA Winnipeg Region
930 Portage Ave.

Exploring the Journey of Recovery – Introductory Workshop

November 5
1:00 pm
CMHA Winnipeg Region
930 Portage Ave.

Lunch & Learn Series
11:45 am
CMHA Winnipeg Region
930 Portage Ave.

Live Life to the Ultimate
November 19

Designing & Realizing Your Personal Success Vision
February 25, 2014

Workplace Stress and Mental Health Matters
April 8, 2014

Advocating Effectively for Ourselves
May 13, 2013

Mindfulness Based Stress Reduction
September 10 – November 5
6:00-8:30 pm
CMHA Winnipeg Region
930 Portage Ave.

Mental Health Education for Families
October 2 – November 6
McNally Robinson Booksellers
* Contact McNally Robinson at 204-475-0483

FOR MORE INFORMATION
ON ANY EVENT OR COURSE

VISIT cmhawpg.mb.ca
CALL 204-982-6100

Success Story: Rehabilitation & Recovery Service



Arita Sawatsky

I would like to share a wonderful success story about Arita Sawatsky, a young female participant who I have been working with since April, 2012.

She suffers with the effects of depression and severe anxiety, after having been involved in a verbally and psychological abusive relationship with her partner of 2 years. This left her feeling lonely, fragile and scared, and without any self-trust or self-esteem. With the support of CMHA Rehabilitation & Recovery Service she has found encouragement and a sense of self and belonging. She has come through the darkness and into the light.

She now has a job that she loves, working as a groundskeeper. She has been accepted into Artbeat Studio and has a glowing report from Nigel Bart, Artbeat's Director. She has also found her voice, speaking up against domestic abuse on social media, by writing poetry and attending rallies.

This very young lady has blossomed from a tiny, closed-in bud to a beautiful, bright colored rose and just keeps flourishing. ■

— Arlene Mayes
Rehabilitation Worker



Check out our events at McNally Roberson Booksellers!

CMHA Winnipeg is thrilled to be working with McNally Roberson to bring a variety of educational opportunities to the community classroom.

- ▶ Come to our one night talk on Post-Partum Depression with Carrie Lionberg, C.Psych. and a panel of local advocates and experts, 7-9 pm on **September 18.**
- ▶ Register for Mental Health Education For Families with CMHA's Stacey and Deb Wednesdays 6-9 pm starting **October 2.**

- ▶ Pop in to the **FREE PUBLIC** Mental Illness Awareness Week Kick off where we'll be highlighting our M.I.L.E. 5 (Mental Illness Literacy Education 5 day program). Fantastic speakers with lived experience — who make the program tick! — will be sharing their stories with you. **October 7** from 6-9 pm.

- ▶ **Living Life To The Full** In **8 fun-filled sessions** you will learn techniques to take control of your thoughts, feelings, behaviours and ultimately your life! From a Bad Thought Busting

Program to an Easy 4 Step Plan for more of what you love in life, you'll learn real skills to stop anxious thoughts, manage stress and be happier. This course is open to anyone and great for people who recognize their thoughts as being unhelpful.

Register for **Living Life To The Full!** Starting **October 9** from 4-5:30 pm, with CMHA's Stacey and Tessa.

Watch for more events at McNally and in other communities' classrooms in the future!

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