



Manitoba's Big Social for Clara's Big Ride

Presented by CN

In Celebration of Clara Hughes' arrival in Winnipeg, on June 14th 2014, as a part of Clara's Big Ride for Bell Let's Talk we are thrilled to be throwing MB's Big Social.

MB's Big Social for Clara's Big Ride
June 14, 2014
7pm – 12am
Manitoba Museum
190 Rupert Ave, Winnipeg, MB

This fundraising event will be at a low cost and will include interactive dance through POMO productions, performances in the Cabaret by Big Daddy Tazz, Bod & Blaze, Telpay & the Direct Deposits and more! Most importantly, it will also include a keynote speech from Clara Hughes herself just after 8pm.

There will be plenty of ways for you to contribute and win through silent auction, 50/50 and more! Prizes already include Jets Tickets from Commtech Office Solutions, a weekend at Elkhorn Resort and Spa, months of free yoga from Moksha Kildonan—and that's just the beginning!

Saturday, June 14, 2014 | 7:00 p.m. - 12:00 a.m.



Manitoba Museum
190 Rupert Ave.
Winnipeg, MB



Presents
**Manitoba's
BIG Social**

@WpgMentalHealth
#ClaraWpg

Clara Hughes
Special guest & keynote speaker at
8:00 p.m. with emcee Ace Burpee
of 103.1 Virgin Radio

Please join us in
celebrating Clara Hughes' return to Winnipeg and
mental health for all!

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Entertainment

Cabaret Room

- Listen to local talent all night with comedian Big Daddy Tazz as your emcee!

Dancehall Room

- Party all night in PO-MO's interactive dance space
- Peter Takis from 103.1 Virgin Radio & DJ Rahdil

Get your tickets!

For a list of locations selling tickets, please visit
www.winnipeg.cmha.ca





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UPCOMING AT CMHA

FALL COURSES

at CMHA Winnipeg Region
For upcoming course information please view our new website at <http://winnipeg.cmha.ca/mental-health/cmha-winnipeg-courses>

CMHA WINNIPEG REGION AGM

Wednesday, June 18, the Norwood Hotel

Show your support for our work and make a difference in the lives of people with a mental illness and their friends or families – by becoming a member of the Canadian Mental Health Association.

Membership fee:

- Personal \$20.00
- Personal – limited income \$ 2.50
- Corporate/Organization \$75.00
- Family \$25.00

To renew your membership please go to: winnipeg.cmha.ca/connect/membership/



Fine or Phine?

Visit our booths and find out more about Clara's Big Ride. Tickets and t-shirts will also be available for purchase.

Garden City April 28–May 1

Portage Place May 5–May 9

St. Vital May 12–May 16

Grant Park May 12–May 16

Kildonan Place May 20–May 24



Clara's Carnival

Presented by
Manitoba Public Insurance

The family friendly social won't be the only way to celebrate. Learn more about Clara's Carnival on our website, at our mental health week booths located throughout the city in May, and on social media starting at the end of May. The Carnival is a day of community art, cycling, mental health and community focused fun! #ClaraWpg is where you'll find all the action on Twitter!

AND—swing by Moksha Yoga Kildonan to get your special Clara Hughes day t-shirt before they sell out!!!

Mental Health Week

This year CMHA is focusing on increasing awareness of women's mental health and mental illness by providing information, resources and the practical strategies and advice required to address women's mental health issues.

CMHA Winnipeg Region will be in your community during the month of May. At each of the locations learn how to take care of your mental health, get facts about mental illness and find help for yourself and others.

CMHA Winnipeg Region is launching the first-ever **Be Mind Full initiative** by starting a conversation and asking Canadians to tell us how they really feel. **Are you fine or phine?** Too often people claim to be feeling fine when they do not. The result: approximately seven million Canadians —20 per cent of the population— live with mental illness. And, many do not seek treatment because of the stigma and discrimination associated with mental health problems.



The Community Housing with Supports Program Posts Evaluation Results

In 2011 the Canadian Mental Health Association (CMHA) Winnipeg Region began working with the Province of Manitoba and Main Street Project (MSP) on the Community Housing with Supports program. MSP offers a fixed housing site through the Bell Hotel and CMHA Winnipeg offers a community support model where housing is accessed through the general market. There is a joint intake process between CHMA Winnipeg and MSP to determine which stream a person would be best suited.

Community Housing with Supports has the capacity to work with up to 50 actively homeless individuals (or people who are actively homeless when they come into services). Currently 27 of the potential 50 are housed, as intake is gradual.

The program is approached from the perspective that the person is in charge of where the work goes using the same evidence based psychosocial rehabilitation method that is used throughout CMHA Winnipeg's Rehabilitation and Recovery Services.

CMHA Winnipeg has recently released the first year evaluation report, available online at <http://winnipeg.cmha.ca/news-and-events/> which demonstrates the program's success. "We are very pleased with the development of this program, we have learned a lot in the first year and anticipate recent changes will make us even more successful," reports Program Manager, Stephanie Skakun. She adds, "We have greatly appreciated the support of the Province of Manitoba and the Winnipeg Regional Health Authority in helping us to create such an innovative and responsive program."

To date, the program boasts no formal registered evictions, as relationships developed between property managers and landlords help support tenancy. This is evidence of the work that CMHA Winnipeg is doing to support tenants and landlords, keys to successful tenancy.

CMHA Winnipeg recently announced several changes to the program in keeping with findings of the evaluation

report and experiences in the first year. These changes will include the addition of an occupational therapist role to assist in assessment and support, and restructuring of skills based supports to focus on peer support and help in finding housing, a critical part of the work in a tight housing market.

**TO LEARN MORE
about the services of the
Community Housing with
Supports Program please
visit CMHA Winnipeg's
website:**

[http://winnipeg.cmha.ca/
news-and-events/](http://winnipeg.cmha.ca/news-and-events/)

**or the CHS webpage on our
services section:**

[http://winnipeg.cmha.ca/
programs_services/commu-
nity-housing-with-supports](http://winnipeg.cmha.ca/programs_services/community-housing-with-supports)



New website on Postpartum Depression

The Postpartum Depression Association of Manitoba (PPDAM) was excited to launch its website on April 7, 2014. The website has many pages including "how are you really feeling" which is meant to help women articulate how their mood may have changed. There is also a page that goes through how and where to get help for postpartum depression and related illnesses, a page on assistance for partners and family and friends, and a whole section on Manitoba resources to assist mom and her family through the recovery phase of this illness.

www.ppdmanitoba.ca

The PPDAM mission is to empower Manitoba families through education, awareness and resource. Their website is meant to be a "one-stop shop" to educate Manitoba families regarding postpartum depression and related illnesses, while connecting them with the help they need now. Additionally, the website will serve as a tool for healthcare professionals, and assist in locating appropriate resources for their patients. The website would also like to reduce the stigma associated with postpartum depression, and raise public awareness surrounding perinatal mental health issues so women and their families don't suffer in silence.

New Peer Support Program

CMHA Winnipeg Region has launched a new peer support program for workshop participants to further enhance skills from the Rehabilitation & Recovery workshop series. This program is called Recovery in Action and currently serves workshop participants, but as it grows we are hoping to reach out to past participants as well.

Ryan Dion felt there was a need to create a peer support program after completion of the Journey of Recovery Workshop. Kelsey James interviewed Ryan on his idea behind the new peer program.

“My inspiration for developing Recovery in Action was to create a closer knit group that can build off experiences from past workshops,” Ryan began. “Although the workshops offer great methods, the information is densely packed and barriers can be involved. Recovery in Action offers a unique perspective of both being in the moment as well as focusing on action as opposed to only thinking.” As Ryan puts it, the group is a “middle ground between a meditational approach and classroom based, with the goal to create a ritual or daily routine.”

The program works by giving members an equal amount of time to speak, where they discuss setting a goal and utilizing material from past workshops.

“There is a big emphasis on staying positive and celebrating achievements,” Ryan stresses. “Each class focuses on one voted particular theme from workshops, and the group sets affirmations for the day. The idea is to relate to one another and share barriers and how they have been overcome. Each barrier is a success story.”

Ryan believes that peer support is vital on the path to recovery because everybody is at a different stage and can offer assistance to those who are going through similar circumstances. “People who question, are in action, or are contemplating action can all learn from one another,” Ryan notes. “You can really learn from someone who has just walked that walk.”

“The group is immersive,” Ryan explains. “It creates an experience where people can continually remind and rely on each other, and feel like they’re not alone. The big thing is to make sure an intention is set and positivity and making goals is focused on.”

Recovery in Action is not full yet, and continues to look for people to get involved. Those who are eligible must have previously taken Self-Esteem and Changing Negative Thoughts, whether or not you are just completing them or have taken the courses in the past.

To get involved in the Exploring the Journey of Recovery workshops please visit our website at www.cmhawpg.mb.ca. ■

– Kelsey James

Peg & Mental Health

Peg has a number of indicators that relate to mental health, including:

- anxiety & mood disorders
- perceived health
- substance abuse
- maternal social isolation
- sense of belonging
- neighbourliness
- quality of life
- perception of safety



WHAT IS PEG?

In short, PEG measures the health of our community year over year—in ways that count. We share data on everything from the health of babies born in Winnipeg right through to how many of them graduate 18 years later. We track how much garbage we take to the landfill and how often we give up our cars to take public transit. We calculate how often citizens volunteer and if we’re doing more or less of it. It’s here at PEG that Winnipeggers can learn how their life, their neighbourhood and their city is changing—for the good and the bad. PEG is a starting place for Winnipeg citizens, business owners and policy makers to learn the facts to lead change to create a better city for our children.

On PEG (www.mypeg.ca), you will find over 80 indicators—or measures—related to various aspects of wellbeing. Some of these indicators relate to our environment and city infrastructure—and others relate to our health and interpersonal wellbeing. The indicators are conveyed both in groupings around their theme area and on a map so that you can look at a specific part of the city. As well, we have PEG stories that complement the data, filling in some of the backstory to the indicators. These indicators give you a picture of how we’re doing over time. As we follow these indicators, we can see where we can celebrate our progress and where, as a community, we need to work harder to become a stronger, healthier city.