

DONATION FORM

Yes, I would like to help in the promotion of mental health, as well as support resilience and recovery of 1 in 5 Canadians who are affected by mental illness at some point in their lives!

Donor Contact Information

(For charitable tax receipt)

First Name: _____
Last Name: _____
Street Address: _____
City: _____
Province: _____
Postal Code: _____
Email: _____
Phone (home): _____
Phone (work): _____

I would like to donate:

- \$250 or more
 \$100
 \$50
 \$25
 \$10
 Other Amount: \$ _____
- Method of payment:**
 Money Order
 Cheque (Please make payable to CMHA/Champlain East)

Please mail this form along with donation to:
CMHA/Champlain East

329 Pitt Street, Cornwall, ON K6J 3R1
Thank you for your generosity!

Tax receipts will be issued for donations of \$10 or more unless otherwise requested.

Who can take part in a workshop?

Schools, community groups, workplaces, and professionals who are interested in learning more about mental illnesses, coping strategies and community resources are encouraged to participate.

Custom Designed Training

CMHA prides itself in designing presentations and training programs best suited to the organization's needs.

Timelines/ Format

Workshops vary in length and format depending on your organizational needs and interest. They can be delivered as Lunch and Learn presentations, in-depth 2 day sessions, a training series or simply a display.

Cost

Presentations to schools and volunteer community groups are available at no cost.

There is a fee for service for organizations / groups who request training for staff development.

There is a fee for certified training workshops.

**To book a presentation contact
Mental Health Promotion Department at
613-933-5845 or 1-800-493-8271**

[Awareness and prevention are key!](#)

09/09



**CANADIAN MENTAL
HEALTH ASSOCIATION
L'ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE**
Champlain East / Champlain Est

Branch Office

329 Pitt Street
Cornwall, Ontario K6J 3R1
Tel: (613) 933-5845 / 1-800-493-8271
Fax: (613) 936-2323

Hawkesbury Office

444 McGill Street
Hawkesbury, Ontario K6A 1R2
Tel: (613) 632-4924
Fax (613) 632-6522

To book a presentation call
(613) 933 5845 or 1- 800-493-8271

or visit our website at
www.cmha-east.on.ca

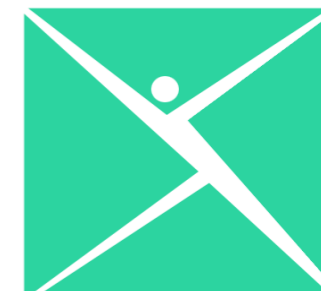
Funding provided in part by:



Owners:
Pascal, Jacques & Christian Brunet
Rockland, (2) Hawkesbury, Casselman, Alfred, Embrun



MENTAL HEALTH PROMOTION PROGRAM



**Programs offered
by the
Canadian Mental
Health Association
Champlain East**

**www.cmha-east.on.ca
www.acsm-est.on.ca**

Dépliant disponible en français

FACT: One in five people will experience a mental illness during his/her lifetime!

FACT: Mental health problems account for at least 50% of all visits to a family physician.

WHO WE ARE? The Canadian Mental Health Association (CMHA) is a non-profit registered charity committed to making mental health matter. Founded in 1918 the Canadian Mental Health Association is one of Canada's oldest volunteer-based organizations across Canada.

MISSION STATEMENT

CMHA Champlain East is committed to working in a partnership with individuals, families and community resources to enhance the development and continued support of mental health for all citizens.

FUNDING for branch programs and services is received by the Ministry of Health and Long Term Care, with the exception of the Mental Health Promotion Program (MHPP).

Therefore, we rely on the following sources to sustain this program: United Way of SD&G and Prescott-Russell, short-term grants, Subway (Owners: Pascal, Jacques & Christian Brunet), community donations and fundraising events.

Mental Health Promotion Mandate:

The MHPP is designed to increase general understanding of mental health topics, dispel common myths and provide information on community resources within a dynamic participatory learning experience.

Mental Health Series

These presentations explore the relationship between our thoughts, behaviors and the way we feel and experience our lives. Simple tips and exercises are provided in these fun and practical workshops.

- **Stress Management**
- **Positive Thinking, Feeling Good**
- **Taking Care of Myself**
- **Invest in Yourself**
- **Work-Life Balance**
- **Mind and Body Fitness**

Understanding Mental Illnesses

These presentations will help clarify specific mental illnesses with the goal of educating, dispelling myths and reducing the stigma that surrounds mental illnesses. Presentations include:

- **Myths and Realities of Mental Illness**
- **Understanding Schizophrenia**
- **Understanding Self Injury**
- **Understanding Depression**
- **Understanding Anxiety Disorders**
- **Understanding Seasonal Affective Disorder**
- **Understanding Postpartum Depression**
- **Understanding Youth Depression**

Talking About Mental Illness (TAMI)

This 3 to 5 day high school program is designed to increase student's awareness about mental health and decrease the stigma associated with mental illness. Topics include: Mental Health, Mental Illness, Suicide Awareness and Stress Management.



Suicide Awareness & Prevention

This educational session is intended to increase participants' awareness and general understanding of suicidal behaviour. Warning signs, risk factors, tips on developing helping attitudes, and identification of community resources are discussed.

Beyond the Label

This is an interactive workshop for staff and volunteers working with persons who have an addiction and /or mental health problem.

Developed in partnership with the Centre for Addiction and Mental Health.



Workplace Mental Health Promotion

We have the expertise to design and deliver practical, skill based presentations, on such topics as:

- **Addressing Stress in the Workplace**
- **Staying Positive: Building a Better Attitude**
- **Understanding Mental Illness in the Workplace**
- **Dealing with Change in the Workplace**
- **Work/Life Balance**
- **Suicide Awareness and Prevention**
- **Mental Health Works**
- **Other Mental Health Related Topics**

CERTIFIED TRAININGS



Applied Suicide Intervention Skills Training (ASIST)

During the 2 day training session participants will acquire skills needed to recognize and evaluate risk of suicidal behaviour, how to intervene with a person at risk and link with community resources. Upon successfully completing the training, the participants are awarded an ASIST certificate.

There is a cost for this certification. Sanctioned by Living Works.

ASIST Tune UP (refresher) Course also available.

Mental Health Works



Employers have a duty to address mental health issues such as distress, depression and anxiety in the workplace. This includes effective communication, workplace relations, accommodation and performance management.

Up to 80% of all managers were hired for their technical or professional expertise. Most have not been prepared to deal effectively and comfortably with emotionally distraught employees.

Avoidance can lead to workplace conflict, loss of productivity, or even a human rights complaint.

Let our award-winning workshop provide practical strategies that do not require managers to become counselors. Our approach is workplace-focused and related to effective performance management.