

# supporting RECOVERY

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Canadian Mental  
Health Association  
Thunder Bay



United Way  
Thunder Bay  
Funded Agency



Pictured: Bernice (left) and Christina (right) offer a warm welcome to visitors of CMHA at reception. Behind them is an arrangement of art designed by members of New Foundations, our Skills Development Program, which hangs in the waiting area behind reception.

## An Inclusive Community

*Sharon Pitawanakwat, CEO*

As incoming CEO I would like to begin my tenure by acknowledging and celebrating all the wonderful people who make this organization so amazing. Our Board of Directors who dedicate their time and energy to our cause; our donors who support our efforts to raise awareness through education, training and family support; our funders for recognizing and financially supporting the contributions we make along the service continuum; our community partners who work side by side with us to meet needs that are becoming more and more complex; our leadership and management team who support staff and keep our operations running smoothly; our amazing staff who provide incredible support and service to the people we serve; and finally the individuals who trust us enough to reach out for help.

When coming to CMHA you can expect to be greeted with a welcoming smile and a helpful hand from our reception staff. They will invite you to sit and wait in a lovely space that offers privacy and comfort. Here you will view a beautiful art arrangement designed by members of New Foundations that extends a message of hope. Finally, you will almost always be given the opportunity to speak directly with a staff, who will do their best to offer comfort, support and above all inspire hope.

As we begin our 40th year serving this community, we will remember what an honor and privilege it is to be of service to others.

Thank you all for helping us move closer towards our vision of being “an inclusive community that promotes emotional well being, human dignity and social justice; where people are valued and opportunities in all aspects of life are available to everyone”!

## ABOUT US

**Vision:** *An inclusive community that promotes emotional well being, human dignity and social justice where people are valued and opportunities in all aspects of life are available to everyone.*

**Mission:** *We are committed to supporting individual recovery and promoting mental wellness within families and communities.*

**Values:** *A Client Centered Approach • Commitment to Recovery • Excellence • Innovation & Creativity*

## CONTACT US

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## Donor Campaign

Elly Tose

It is hard to believe that CMHA is entering its 40th year in the provision of mental health services to this community! The organization has changed tremendously over the years and expanded many of its services. One of these services includes the Education and Training Program.

In the early years, the CMHA Board of Directors made a commitment to promote mental wellness in the community. In addition, they committed to educate and increase knowledge about mental illness in an effort to reduce the stigma surrounding it. The program has successfully met these goals by delivering workshops, training sessions and support groups. Today these include the Family Recovery Education Series, Pathways to Joy

and Applied Suicide Intervention Skills Training (ASIST).

CMHA's Education and Training Program is partially funded by the United Way. However, the Board is still tasked with developing strategies to raise 2/3 of the revenue. This is currently done through events and donations. To help us establish a more stable source of revenue, on February 23, 2015, CMHA-Thunder Bay Branch will launch its first Annual Donor Campaign.

One of this year's National themes for Mental Health Week is "Let's Get

Loud for Mental Health". It is our hope that we "get loud" and inspire you to help us meet our goal of raising \$40,000 in 2015. All of the dollars raised will directly support the work of the Education and Training program.

So, when you see an advertisement, a brochure at an event, or if information comes to your door, please consider making what for you is a meaningful donation. Any amount you donate will allow us to continue the work we do in raising awareness about mental health and stigma in our community.

In celebration of its 40th year, CMHA Thunder Bay will launch its first Annual Donor Campaign on February 23, 2015.



Canadian Mental Health Association  
Thunder Bay  
Mental health for all



## Quality of Life Network: 2014 Community Awareness Day

Joanne Otte

CMHA took part in the second annual Community Awareness Day, Friday, November 21, 2014 at Victoriaville Mall.

This full-day event focused on generating awareness for the 30 agencies who receive support from the United Way. People of all ages visited more than 25 displays that offered interactive activities and information on their services.

For more information about the Quality of Life Network, visit:  
[www.uwaytbay.ca](http://www.uwaytbay.ca)



CMHA Thunder Bay's booth display at the 2nd Annual Community Awareness Day. Pictured: Spencer, Research Intern. Photo Credit: United Way.

## Pathways to Resilience

Joanne Otte

Suffering is part of the human condition. The way we respond to suffering can often cause us even greater stress, leading to long periods of depression and anxiety. However, underneath the weariness of all this lies an innate ability to experience joy and happiness. The more resilient we are, the easier we bounce back from life's challenges. Yet, for many, maintaining resilience is not an easy task.

In January, CMHA introduced a new 10-week education series designed to help people restore their resilience and rediscover joy. The *Pathways to Resilience* education series integrates the practices

of mindfulness, nutrition, body movement and brain science to help people regain a sense of physical, mental, emotional and spiritual well being.

Based on *The Chemistry of Joy Workbook* by Dr. Henry Emmons and his colleagues, two experienced facilitators, Joanne Otte and Claudia Otto, lead the participants through reflective exercises and practices that flow from the notion of whole person change and self acceptance. Whole person change is, in part, silencing our inner critic and giving more voice to the visionary self—that part of us that is motivated by self worth and self love. It's about

believing that everything you need is already there, and that you have the ability to move towards it even in the midst of suffering.

The course helps participants learn how to go deeper into their most difficult emotions, accepting them while simultaneously moving to let go of them. It is a gentle, insightful and supportive environment that guides the participant to a more resilient, joyful self.

For more information about *Pathways to Resilience*, visit:  
[www.cmha-tb.on.ca/ptr](http://www.cmha-tb.on.ca/ptr)

## Styles & Smiles 2015

Elly Tose

Styles & Smiles is a special event that promotes awareness of mental health issues and raises funds that support public education and prevention initiatives for both children and adults.

This year's event takes place at the Victoria Inn, March 12, 2015. The symposium begins at 6:00 p.m. followed by a 5-course dinner, a fashion show, and live entertainment. In keeping with this year's country theme, seven times CCMA Guitar

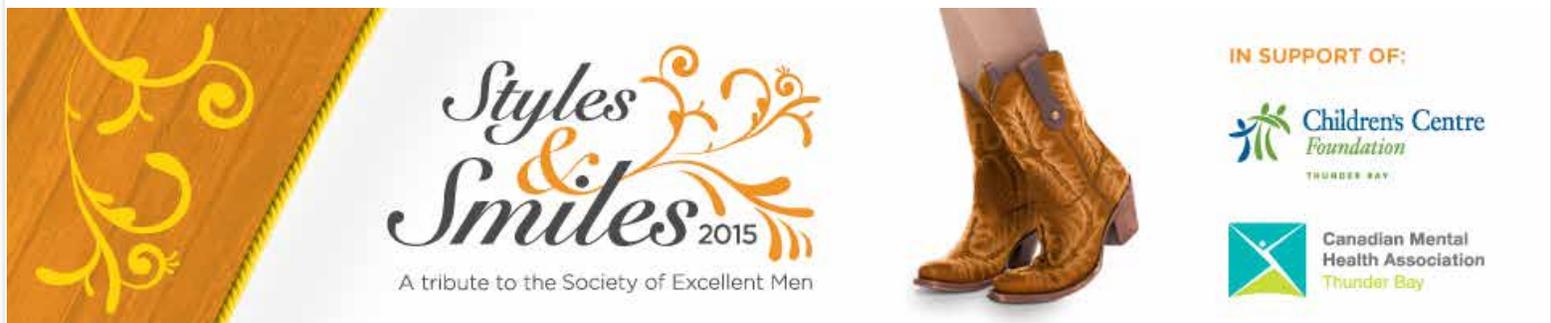
Player of the Year and 2014 Hall of Fame Inductee, Wendell Ferguson, will bring his unique musical and comedic talents to the stage.

With a dash of added country charm, the Society of Excellent Men will again be looking dapper in their tuxedos. CBC personalities, Gord Ellis and Mary Jean Cormier will serve as hosts. And, don't forget the Luxury Raffle and the Silent Auction as well. All proceeds remain in Thunder Bay in support of

CMHA and the Children's Centre Foundation.

We encourage everyone to round up their friends, pull on a pair of cowboy boots, tease their hair into their best Loretta Lynn up-do, and join us for a fun filled down home evening.

For more information, or to purchase tickets, visit:  
[stylestbay2015.eventbrite.ca](http://stylestbay2015.eventbrite.ca)



*Styles & Smiles* 2015  
A tribute to the Society of Excellent Men

IN SUPPORT OF:

Children's Centre Foundation  
THUNDER BAY

Canadian Mental Health Association  
Thunder Bay



Eight clients and three staff from CMHA Thunder Bay took part in an 8-week program on Stencil/Spray Paint Art. The piece above is part of a group piece showcasing Northern Ontario's rainbow trout.

## 10 cell: Arts Programming at First Place Clinic & Regional Resource Centre

*Karrie Walker*

“10 Cell” is an Art Group that is in partnership between CMHA Thunder Bay’s First Place Clinic and Regional Resource Centre and the Thunder Bay Art Gallery. Liz Buset facilitated the project. Eight participants, two staff and one placement student took part in the eight-week sessions on Stencil/Spray Paint Art. Participants were given art history lessons about

Graffiti Art, starting back from the 1960-70’s. They spent six weeks cutting out stencils that were traced from photographs.

At the end of the session, not only did the participants have a beautiful self-portrait that they cut out from the stencils and spray painted, but also, together, they worked on a

group piece showcasing Northern Ontario’s Rainbow Trout.

“10 Cell” and CMHA Thunder Bay would like to sincerely thank the Thunder Bay Art Gallery for applying for the Grant that allowed Liz to run this outreach program.

## New Foundations Think Tank

*Tiffany Stubbings*

“Continuous quality improvement” and “team work, collaboration and shared decision-making” are two very important values found in New Foundations’ vision, mission and value statement. We took great strides in showing just how important these values are to us by hosting 4 Think Tank sessions as part of a program review. We put a call out to members to give input as we answered the following questions: what we currently do; what is working; areas that need improvement. We had a tremendous response as 17 members and 11 staff collaborated in developing an innovative and creative action plan moving forward.

## Forest Therapy

*Joan Robinson*

It was through my passion of the forest that I came across the Japanese concept of Shinrin-Yoku or Forest Bathing” Forest Bathing is much more than a simple walk in the woods. It is about taking the time to connect, to reflect and truly immerse yourself in nature.

Studies have shown that a disconnect from Nature can negatively impact mental and physical health. Volatile substances called phytoncides or wood essential oils are released in the forest and this increases the immune system and our NK cell activity. Forest Therapy decreases depression, hostility and lowers blood pressure among many other benefits.

Through walks with clients, we set the intention of being mindful and using the 5 senses. The feedback that I have received was that people feel their mood has significantly improved, feeling invigorated, a sense of connection and hope. I will be presenting on my experiences with Forest Therapy and its benefits to mental wellness at the 2015 CMHA Ontario Conference this April.