

winnipegregionnews

SPRING 2010 • Volume 7, Issue 2 • 432 Ellice Avenue, Winnipeg MB R3B 1Y4

From the Executive Director . . .

Welcome to the first edition of the new CMHA Winnipeg newsletter! This new style kicks off **Mental Health Week 2010** where our theme in Winnipeg is **Live Life to the Ultimate!** Building on the CMHA National theme of *Building Your Mental Health, One Support at a Time*. In honour of our theme we have a new section called **Live Life to the Ultimate**, where our Community Educator Stacey offers tips for building mental wellness. Our new format also includes an **Ask Bill** section, where our information and referral staff member (Bill) answers common questions he has been receiving on the information line, or shares interesting resources he has come across. We will also continue to include information on programs within CMHA Winnipeg, and in the community, that we feel you can benefit from.

We are also excited to announce that we are starting to pull together the results of our **Tell Us What You Think Winnipeg Survey**, which was held online from November 19th 2009 to March 31st 2010. In total, we received 555 responses, many which had no prior connection to CMHA Winnipeg. We are very thankful to all of you who responded, many of which are now receiving our newsletter for the first time! The information received will assist CMHA Winnipeg in planning services and advocacy over the next few years. Information is currently being compiled and reviewed and will be presented at our Annual General Meeting June 9th (details on page 2), at which time we will also release a summary report regarding the data, which will be made available on our website June 10th, 2010 at www.cmhawpg.mb.ca. ■

in this issue:

Mental Health Week:

Live Life to the Ultimate 1

Tell Us What You Think:

Survey Results..... 1

May 8th Mental Health Week

Event 2

Mental Health First Aid..... 2

The Change Toolbox 2

2010 Annual General Meeting 2

Ask Bill..... 3

Ultimate Living 3

CMHA Winnipeg Region,

Board of Directors 3

CMHA Winnipeg Region,

Staff 3



MISSION

The Canadian Mental Health Association, a nation-wide voluntary organization, promotes the **mental health of all** and supports the resilience and recovery of people experiencing mental illness.



Nicole Chammartin, Executive Director of CMHA, Winnipeg Region and Bob Melnyk, Chairperson, Board of Directors at the launch of the "Tell Us What You Think . . ." Survey in November 2009

National Mental Health Week 2010
May 3-9, 2010
Live Life to the Ultimate

Tel: (204) 982-6100 • Fax: (204) 982-6128
Email: office@cmhawpg.mb.ca • Web site: www.cmhawpg.mb.ca



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

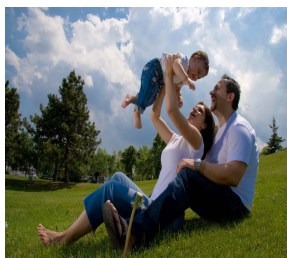
Live Life to the Ultimate

Saturday, May 8, 2010

10:00 am - 3:00 pm

Assiniboine Park

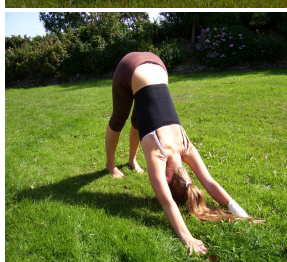
Main Tent located by the Formal Gardens



Building Your Mental Health:

One Support at a Time

- Free Yoga
- Healthy Eating on a Budget
- Kids' Activities
- Gardening Demo's
- Connect with friends, family and community



In partnership with
Manitoba Organization of Disc Sports

FREE BEGINNER'S Clinics

**12pm & 1pm
Disc Golf**

Goaltimate demonstrations



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Mental Health
Literacy Network
sharing knowledge

Mental Health First Aid

Do you know how to help?



Mental Health First Aid teaches first aid skills to help someone who is developing a mental health problem or is experiencing a mental health crisis.

For more information contact CMHA at 982-6100 or email us at office@cmhawpg.mb.ca or visit our website at www.cmhawpg.mb.ca where you can register online.

"The Change Toolbox: Techniques to Help Cultivate Lasting Personal Change"

CMHA, Winnipeg Region has produced a set of tools designed to help people work on addictions and other challenging behaviours. The material will be useful for mental health or addictions workers, social workers, therapists or those helping themselves. The 181 page "Toolbox" is sent to you on a CD. To order simply go to www.cmhawpg.mb.ca. The cost is \$24.99.

National Mental Health Week 2010

May 3-9, 2010

Live Life to the Ultimate

Go to www.cmhawpg.mb.ca for a
Calendar of Events and more information
on **2010 Mental Health Week**



Please join us...

ANNUAL GENERAL MEETING
of the Canadian Mental Health
Association, Winnipeg Region Inc.

Wednesday, June 9, 2010
Winnipeg Art Gallery, 300 Memorial Blvd.
Noon to 1:15 pm

Complimentary Lunch • **RSVP 982-6100** by
May 31, 2010

**Presentation by CMHA Winnipeg Region
Ownership Linkage Committee**
Topic: "Tell Us What You Think . . ." Survey

NEW ASKBILL



Q What help is available for compulsive hoarding?

A The issue of compulsive hoarding has been

in the news during the past number of months. In Winnipeg, there have been a couple of house fires in the homes of people with suspected hoarding problems. The amount of belonging piled throughout these homes impacted Fire Fighters' ability to fight the fires. Sadly, one of these fires ended tragically.

A number of Winnipeg based news outlets covered these stories, which has led to an increased awareness of the issue of compulsive hoarding. I have received a many calls on the CMHA Winnipeg Region Information and Referral line from people wanting to get help for themselves or someone they know. For information on compulsive hoarding and options for getting help, see below:

General information:

- The Mayo Clinic has a very good fact sheet that can be found at – www.mayoclinic.com/health/hoarding/DS00966.
- The International OCD Foundation - www.ocffoundation.info/hoarding.
- The Obsessive Compulsive Disorder Centre MB – Suite 100, 4 Fort Street, 942-3331, www.ocdmanitoba.ca.
Note: "Understanding Compulsive Hoarding" An education evening – May 13th at 7:30 p.m. call the OCD Centre MB at 942-3331 for information and to register.

Options for help could include:

- Contacting your family doctor.
- This Full House, a program for people 55 years of age and older that is offered through Age and Opportunity – 956-6440, www.ageopportunity.mb.ca.
- The Obsessive Compulsive Disorder Centre, MB is now running a support group for adults who have a problem with compulsive hoarding – 942-3331.
- There are a number of counseling agencies in Winnipeg. Page 3 of our Mental Health Resource Guide has a listing of counseling agencies in Winnipeg. The guide can be accessed by calling our office at 982-6100 or visiting: www.cmhawpg.mb.ca/resources.htm.

NEW Ultimate Living

If you strive to get as much satisfaction from your day-to-day life as you can, you'll be happier, mentally healthy and you will be able to live life to the ultimate.

Building your Mental Health: One Support at a Time.

No matter how much time you devote to improving your mental and emotional health, you will still need the company of others to feel and be your best. We all need to find support and seek connection to be mindful of our mental well-being. Three things you can do today to connect with others.

Get out from behind your computer screen.

Screens have their place but they will never have the same effect as an expression of interest. Communication is a largely nonverbal experience that requires you to be in direct contact with other people. Before you hit send on your email to the colleague who works just a few cubicles or offices away, think about just walking over there and talking to them instead.

Give back to your community.

Volunteering is an easy way to build connections with your local community, doing something that helps others has a beneficial effect on how you feel about yourself. The meaning and purpose you find in helping others will enrich and expand your life.

Set aside one night each week for recreation or leisure. Discover activities you can do with your partner, family or friends, such as playing golf, card making or ultimate (disc sports). Making time for activities you enjoy will rejuvenate you.

Announcements

Watch the CMHA website www.cmhawpg.mb.ca for new Fall courses of the **Mindfulness Based Stress Reduction** and **NEW Live Life to the Ultimate**, which will be announced shortly.

Membership Renewal

Attached to this newsletter is a membership renewal form.

BOARD OF DIRECTORS 2009 / 2010

Bob Melnyk	Chairperson
Clair Berland	Director
David Albert Newman	Treasurer
Don Robinson	Director
George Pasieka	Vice Chairperson
Harvey Slobodzian	Past Chairperson
James Garroni	Director
Margaret Orina	Director
Martin Gurvey	Director
Ray Wolowidnyk	Secretary
Rudy Ambtman	Director
Suzanne Hrynyk	Director



Visit us on the Web at
www.cmhawpg.mb.ca

STAFF

Executive Director
Nicole Chammartin

Administration
Pamela Porth
Pauline Henderson
Rose Tan

Information and Education Services
Bill Burrows
Grace Weinfortner
Stacey Shule

Rehabilitation & Recovery Service
Anita Rempel
Britt Moberg
Cara Zabudny
Charlynn Zimmerman
Christine Piper
Curtis Brandt
Deb Hargreaves
Kristy Carroll
Marie Steele
Michelle Martynuk
Nancy Broza
Natalie Rich
Pat Fraser
Patricia Kosheluk
Penny Gill
Roberta Braid
Sherriann Dexter
Sheryl Giesbrecht
Stephanie Skakun
Terri Tucker

Yes!

Sign me up as a member



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

YES, I'd like to begin or renew my CMHA Winnipeg membership!

Members are entitled to:

- Notice of meetings of members (Winnipeg & Provincial)
- Voting privileges at the regional Annual General Meeting, including election of Board of Directors
- Newsletters
- Tax deductible receipt for your membership
- Membership renewal information

Membership at the Region level automatically makes you a member of the organization at a provincial and national level.

432 Ellice Avenue
Winnipeg MB R3B 1Y4
Tel: (204) 982-6100 Fax: (204) 982-6128
Email: office@cmhawpg.mb.ca
Website: www.cmhawpg.mb.ca

Yearly membership fee

(Membership expires on March 31st of each year)

Personal - \$20.00 (\$2.50 for those on limited income)

Organization - \$25.00

Ms. Mrs. Mr. Dr.

Name _____

Address _____

City/Town _____ Province _____ Postal Code _____

Phone _____ Fax _____ Email _____

Enclose cheque, payable to Canadian Mental Health Association, Winnipeg Region

PRIVACY STATEMENT The Canadian Mental Health Association (CMHA) respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to privacy. We do not rent, sell or trade our mailing lists. We use your personal information only for the purposes described above. If at any time you wish to be removed from any of these contacts simply contact us at 982-6100 or via email at office@cmhawpg.mb.ca and we will gladly accommodate your request.