



# News Release

## FOR IMMEDIATE RELEASE

### The Canadian Mental Health Association, Winnipeg Region will celebrate the victories, the courage and the resilience of Winnipeg's Heroes of Mental Health.

**Winnipeg, MB, September 26, 2011** – The Canadian Mental Health Association, Winnipeg Region will honour 18 people/organizations this Friday, September 30, 2011 with **Heroes of Mental Health Awards** at a luncheon at the Manitoba Club.

Awards are divided into the following seven categories with the winners in each category:

- **INDIVIDUAL:** a person who has demonstrated courage and strength in dealing with the effects of mental illness. Has inspired others through courage, hope and determination and has overcome obstacles surrounding mental illness/health.
  - **4 winners:** Katherine Reid, John Melnick, Arlene Mayes and Dawn Etheridge
- **FRIEND/FAMILY:** a person who has shown dedication and strength in providing support to someone with mental illness. Has provided encouragement and inspiration for a family member or friend during their struggle with mental illness. Has advocated on behalf of someone affected by mental illness.
  - **3 winners:** Lisa Shaw, Lynda Shaw and Daniel Madrid
- **MENTAL HEALTH PROFESSIONAL:** a person who has contributed to the recovery of an individual and/or to the field of mental health. Is dedicated to mental health promotion, education and recovery. Goes beyond professional expectations.
  - **4 winners:** Diane Lau (Sara Riel Inc.), Elizabeth Nguyen (WRHA, Cross Cultural Program), Ben Burinooog (Landlord) and John Radamaker (Landlord).
- **VOLUNTEER:** a person who has demonstrated leadership and made a significant contribution to the mental health field through their volunteer efforts.
  - **2 winners:** Anne Mulders Papadopoulos (Winnipeg Humane Society) and Ryan Rutherford (CMHA Winnipeg)
- **ORGANIZATION/BUSINESS:** an organization or business that has made a significant contribution in the field of mental health through: 1) the promotion of mental health education, support, wellness and recovery in the workforce, 2) has advanced mental health in Winnipeg by working on behalf of people with mental illness, 3) has donated time, advertising or money for mental health issues.
  - **2 winners:** Centre Venture and Louis Riel School Division
- **MEDIA:** a media person that has created a greater understanding of mental illness and the importance of getting messages out in a manner that supports recovery and helps to decrease stigma.
  - **2 winners:** Lindor Reynolds (Winnipeg Free Press) and Ace Burpee (HOT 103 FM)
- **PHILANTHROPIST OR PHILANTHROPIC ORGANIZATION:** an individual philanthropist or philanthropic organization that has donated significant resources towards assisting the field of mental health.
  - **1 winner:** Humantree

Nicole Chammartin, CMHA Winnipeg Executive Director says “Heroes Awards recognize important contributions to our community and this year we are pleased to recognize each person and organization that made a difference to the field of mental health through their efforts.” Chammartin goes onto say “The winners are deserving of our accolades because each of them have taken a stand and pushed forward to make positive changes in their own lives and/or the lives of others.”

The Hero Awards Luncheon also features:

- Award winning actress Victoria Maxwell performing her highly acclaimed one-woman show based on lived experience of bi-polar disorder called ‘Crazy For Life’.
- A silent art auction boasting five photographic pieces. Bids are accepted on the art both prior to the luncheon and at the luncheon (view the art pieces at [www.cmhawpg.mb.ca](http://www.cmhawpg.mb.ca) ). The art auction is in partnership with Humantree (a non-profit organization that donates profits from art sales to the aid of underprivileged children, their families, and orphans around the world).

The Awards Luncheon will be emceed by UFFW President Mr. Alex Forrest.

Special thanks to our sponsors: RBC, Desjardin Financial Services and Disability Tax Credit Services.

**For further information please contact:**

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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.