



Community Addiction and Mental Health Services of Haldimand and Norfolk

Achieve Mental Health Wellness & Recovery Centre



“Your present circumstances don’t determine where you can go; they merely determine where you start.”

“One small crack doesn’t mean you are broken, it means that you were put to the test and you didn’t fall apart”

Mental Health Week - May 1 - 7

In any given year, 1 in 5 people in Canada experiences a mental health problem or illness. But, unlike other health conditions, only one in three people and as few as one in four children or youth report that they have sought and received mental health services and treatment.

Stigma, discrimination and the fear of mental illness along with misunderstanding of mental health remains one of the primary roadblocks to individuals addressing and seeking help.

During mental health week please join us on the journey to bring mental health ‘out of the shadows’ and to recognize, in words and deeds, the truth of the saying “that there can be no health without mental health.”



Dress in loud, bright, colourful clothing during Mental Health Week and wear a ‘**Spotlight on Mental Health**’ button to show your support.

Register with the Wellness & Recovery Centre for your button and send us a photo of you in your colourful, wacky outfits or join us on Friday May 5th at the WRC dressed in your colourful best for a mental health week BBQ.

VOICE Awards

The road to wellness and recovery is unique and personal for everyone undertaking the journey. The constant however, is the understanding that

within every individual lies, the often undiscovered seeds for growth and change. Recovery recognizes that what is; is not always what will be.

Every recipient honoured at the May 2nd reception, has either shown support for individuals in their personal journey or have worked to help create an environment that is supportive of the community’s journey for mental health wellness.

“Each person holds so much power within themselves that needs to be let out. Sometimes they just need a little nudge, a little direction, a little support, a little coaching, and the greatest things can happen.” **To each of our recipients, we say thank you for the nudges, direction, support, coaching as great things are happening every day!**

Hope Survives

The Wellness & Recovery Centre will be hosting Kevin Hines in 2018 as our key note speaker in support of suicide awareness and prevention. Kevin will speak to ‘Living Mentally Healthy’ and its contribution to suicide prevention.

To raise money to bring Kevin and his important message to Haldimand-Norfolk, the Wellness & Recovery Centre is hosting a Boston Pizza Booster Night in Simcoe.

Wednesday May 10th

With your ticket, purchased for \$20 from the Centre, you can eat between 5-8 pm and enjoy Caesar salad and a choice of 4 topping pizza or pasta entrée and non-stop coffee, tea or pop.

Proceeds from the dinner will directly support the WRC to host the Kevin Hines ‘Hope Survives’ event.

Pat Capponi Speaks

Join the Centre as we travel to Hamilton on May 3rd to hear Pat Capponi, Canadian author and advocate for mental health issues and poverty issues in Canada. Pat is a survivor of childhood abuse, mental illness, frequent hospitalizations, and poverty. Since 1978 she has fought for her community on many fronts.

Pat is an advocate for supportive housing, patients’ rights, employment, engagement, and has helped to give voice to those whose lives have been impacted by the label they carry.

She served as a founding member of the Provincial Patient Advocate Office Advisory Committee, and took a seat on the board of the Clarke Institute and then the inaugural board of CAMH.

Currently, Pat co-chairs the mental health sub-committee of the Toronto Police Board, she serves on the steering committee of Civic Action, and the local Health Council, and for the Ministry of Community and Social Services.

In 2015, Pat received the Order of Canada for her contributions as an important voice for the homeless and for those living with mental illness.

Sign up with staff to attend. WRC members no cost, non-members \$10. We will go for lunch after the presentation.

