***VISION: Mentally Healthy People in a Healthy Society***

***MISSION: To Promote the Mental Health of all People***

**Strategic Direction - Advocacy** – We will be leaders in advocacy and promotion of mental health and wellbeing in our communities

**Priorities:**

1. Increase our agency’s profile across our communities
2. Promote understanding and awareness of mental health needs in our communities
3. Leverage and promote the CMHA brand

For the person you lost, the pain is over.

Now it’s time to start healing yours.

**Agency Monthly Newsletter**

December 2016



# New Group: SOS (Survivors of Suicide)

# Strategic Plan 2015 – 2018

Support groups for traumatic loss provide a structure in which people who have suffered similar losses can share their experiences. Losing someone to suicide is considered a traumatic and complicated loss. The advantage of groups is their social structure. Often people who are grieving feel an overwhelming loneliness. Groups offer an antidote to loneliness by providing an opportunity for members to express their grief in confidence and learn how others have coped with loss. Group members often form close bonds with other members that extend outside the confines of the designated group meetings.

Through socialization, group members learn to normalize their grief as well as learning techniques for coping from their peers. In many ways, grief support groups are instrumental in filling a void created by the modern mobility of the nuclear family with little or no support form extended family or community in times of crisis.

We are looking to implement a facilitated group early in the new year and are looking for one or two facilitators – please let Pam know if you are interested.

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One person can make a huge difference in a community

# Our Community at Work

Melissa Cutler (a great friend and supporter of CMHA),is working with Mark and Lisa at O’Sullivan Funeral Home on her latest venture!

Together they are creating “positivity boxes” which will be gifted to each attendee at the annual Christmas party to be held on December 22nd at the Downtown Grand Gardens. O’Sullivan Funeral Home has also donated 100 Christmas dinner tickets!

Our sincerest thanks go to Mark and Lisa at O’Sullivan Funeral Home and to Melissa for their generosity, thoughtfulness and giving spirit in helping to host the annual client Christmas Party!

Ideas about the 2017 Ontario Budget…

The Minister of Finance, The Honourable Charles Sousa, will be hosting pre-budget consultations with individuals and organizations throughout the province as part of the government’s ongoing dialogue with the citizens of Ontario.

In particular, the Minister is interested in hearing Ontarian’s views regarding what more the government can do to create jobs and grow the economy, while eliminating the deficit.

This is our opportunity to share our views and ideas, and speak directly with the Minister about the upcoming 2017 Ontario Budget. One delegate from each organization will be allotted a time to speak, depending on the size of the audience.

CMHA Ontario will be providing speaking notes that highlight the provincial themes and key messages. We anticipate that our thoughts will align with those messages, but I am interested in hearing from all of you, regarding what you think is important for the Minister to hear from our sector/agency.

Please forward any comments, suggestions and ideas to Annette before Friday, December 9, 2016.

# Organizational Invitation



# Upcoming Events

Labour Relations Committee December 5

Joint Health & Safety Committee December 9

Meeting with Minister of Finance December 9

United Way Pledges Due December 15

Christmas Cheer Depot December 20

Client Christmas Dinner December 22

Christmas Stat Holiday December 26

Boxing Day Stat Holiday December 27