



CANADIAN MENTAL
HEALTH ASSOCIATION
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE



SUMMER 2011 WOMEN & WELLNESS BULLETIN

The “Women & Wellness Event Committee” hopes all of you are enjoying our beautiful summer!

It is now a few months since we held the “Women & Wellness” event in February of this year, and we want to share with you a few updates.

Grand total from W&W event after expenses was \$11,500!!

Highlights of the TAMI (Talking About Mental Illness) Program for 2010-2011

Number of DSBN and NCDSB High Schools and Junior High Schools that participated 33

Number of TAMI class presentations 84

Number of students who heard the TAMI message 2,534

Number of TAMI speakers 17

Number of individual speeches 168

Municipalities: St. Catharines, Thorold, Welland, Pt. Colborne, Niagara Falls, Jordan, Grimsby

Quotes from Students

“Helped me look at life with different eyes”

“Thank you so much for coming and helping me understand what I’m going through”

“I actually didn’t know there were presentations like this. I think it was really good and they should keep doing these presentations”

Thursday, February 16, 2012 is the date of our second annual Women & Wellness event. Please mark your calendars and plan to bring a friend who did not attend this year. We need you to help us raise awareness of mental health issues to all women of Niagara.

We appreciate your right to privacy and confidentiality. If you do not wish to receive future communications from “Women & Wellness” please let us know.