



Community Addiction and Mental Health Services of Haldimand and Norfolk

Achieve Mental Health Wellness & Recovery Centre



“Hope is being able to see that there is light despite all of the darkness.”

Desmond Tutu

Holiday Greetings

Arica, Charlotte, Deborah, Marijo, Susan, Trisha and our student Sarah wish everyone at the Centre and in our community best wishes for a very special Christmas and a happy and healthy New Year. The holiday season is an opportunity to reflect on what we do and the people we have a chance to be with and work with every day. The holidays are also a reminder that we all have valuable gifts to share with others and that we can touch and impact those around us in important and special ways. We look forward to a prosperous and enriching 2018. Throughout the year, but especially during this holiday season, we want to celebrate the gift of **hope**, as what the Centre, members and all staff share with each other and our community on a daily basis.



Hope is a present...a gift freely given...to all who receive...and open their hearts

Hope is a promise...for a better tomorrow...in a world filled with sorrow...we always have hope.

Annual Christmas Dinner

We invite all members and their friends and family to join with the Centre for our annual Christmas dinner on Thursday December 21st at the Recreation Centre. Doors open at 11:30 and dinner is served at 1pm.

We would like to stop and say thanks, in advance, for the generous donations, and people's time and care which makes these events possible every year. Behind the scenes we have Bruce who donates the squash and potatoes, and Kerry who has cooked the turkey for us. The OPP will be with us again this year to serve and sing and our thanks to them as well. Thanks also to the CAMHS staff and volunteers from our community partners ABEL, ACCT and CMHA who help with preparing, serving, setting up and cleaning up – we could not do it without you!



Taking Care of You

Making “you” a priority during the holidays is essential. The extra holiday demands can leave you feeling overwhelmed and tired. Each additional demand will be more difficult to attend to if you do not take time for yourself. It is extremely difficult to manage daily challenges if you are depleted and exhausted.



You deserve some time to yourself each day. Stop feeling guilty for taking time out for you, and realize in the long run, it's a win-win for everyone. When you are tired, stressed out and pulled in too many directions, it is hard to give your best to all you must accomplish. Remember, self-time is not selfish—it's a necessary dimension of self-care!

Taking time for yourself allows you to renew, heal, and create reserves of energy and peace, something we all need a little more of during the busy holidays.

Holiday Photos

Members may bring their pets to the Centre on December 13th for photo day to include them in their holiday photo or you may have a photograph of your pet alone. Photos will be available approximately one week after the photo days.

Build a Gingerbread House

Ever wanted to take on the challenge of building a gingerbread house from scratch (no kits) – well here is your chance. Any newbies who welcome the challenge are invited to sign up for building a gingerbread house on December 4, 5 and 6 – it is a longer process than working from a kit so you must be able to commit to all three days to see your house completed. Sign up is required, let us know ASAP if interested.



Christmas Light Display

To wrap up Canada 150 the Centre, this year, has built our outdoor Christmas light display to honour our Country. Many, many hours of work contributed by too many members to thank individually here have created an amazing display complete with a lighted 9 foot inukshuk, a decked out lighthouse, an oversized maple leaf and a spectacular Northern Lights show. We encourage everyone to stop by the Centre and check it out!!