

# A Journey With Friends



Community Addiction and Mental Health Services of Haldimand and Norfolk

## Achieve Mental Health Wellness & Recovery Centre

July 2017



Connie and Trisha stand proudly with the lighthouse. Both ladies worked long and hard to get the project completed before Canada Day for its unveiling.

### The WRC Lighthouse

A lighthouse symbolizes the way forward and helps in navigating our way through rough waters whether those waters are financial, personal, business or spiritual in nature and so it is fitting to be constructed at the Centre as beacon of hope and a guide to those struggling to find their way.

The lighthouse project was sparked by members and staff to celebrate Canada 150 after we learned about Canada's many road side attractions (think, Big Nickle in Sudbury) and also what you could do with recycled materials. One of our members, Connie, took the lead on the construction and really poured her heart and soul into this monumental task. As she says, "I put blood, sweat and tears into this project but it was a labour of love".

The lighthouse is made out of recycled tires painted red and white which proved a huge challenge as members and staff dealt with extreme heat some days and rain on others while trying to have the paint cover black tires. The base was formed from spray foam insulation and then painted blue to take on the look of water; this took some time as we needed to figure out how to create that look.

Stability and safety was key throughout the process. Wooden blocks stabilize every tire, and carriage bolts, washers and nuts bolt the tires together. As the lighthouse rose Jamie, from ABEL constructed scaffolding and made sure it was safe and sturdy so we could continue upward.

Topping the lighthouse is a platform of Canadian flags and a working lantern.

At our Canada Day bash, the lighthouse was officially unveiled and the crowd went wild. Everyone has been awestruck at the massive construction project that the WRC took on. We have been witness to people slowing down to look at it, as well as stopping to take pictures.

We look forward to seeing the Lighthouse structure stand tall for many years to come.

*"The scars you share become lighthouses for other people who are headed to the same rocks you hit."*

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**CAMHS**

Community Addiction and Mental Health  
Services of Haldimand and Norfolk

The Wellness & Recovery Centre is one program among the continuum of care services and programs provided by CAMHS in Haldimand and Norfolk.

CAMHS is dedicated to the enhancement of our community through the provision of addiction and mental health services that promote and support wellness.

## Appreciation



Each year the Centre hosts the VOICE awards. One aspect of the award is to acknowledge individuals and services in the lives of our members who they feel contribute to their overall health, well-being and recovery. Members can only submit three nominations so historically we have not permitted them to nominate staff from the Centre but have encouraged them to think outside the walls of the Centre. Every year however, as the program manager, I have been challenged by members to allow them to 'pay this special tribute' to Centre staff, to allow them to express their appreciation and thanks through a VOICE award. In response (they were wearing me down) I invited the membership, as a group, to submit a nomination for the staff team, to identify what about the WRC staff team they valued and saw as deserving of a VOICE award. And they spoke volumes. So it became my honoured pleasure as the Centre manager to present a VOICE award on their behalf to the 2016 staff team of:

**Deborah Strachan, Trish VanGoethem, Trisha Schotsch and Marijo Watt**

*The members of the WRC have spoken that as a staff you are:*

*resourceful, compassionate, a good listener, supportive, friendly, easy-going, approachable, easy to talk to, a great leader, organized, dependable, respectful, non-judgmental, engaging, kind, understanding, an effective teacher and a hard worker.*

## Robert's Voice

Robert shared his thoughts during the Centre's VOICE awards... "I would like to take this opportunity to thank the staff of the WRC for excellence in all they do. They help make the world a better place for many people. The staff have great resiliency for all their efforts and planning. I've truly enjoyed the outings and many other things involved. The staff are a cohesive unit. I'm sure the members will echo my thoughts...so staff keep up your brilliant work for years to come.

The VOICE award recognizes individuals or services that are part of the lives of people living with mental illness, mental health challenge and/or addiction which contribute to their personal wellbeing and wellness. It also recognizes the efforts and contributions of individuals and services that strive to improve or enhance the quality, number or diversity of supports available for people living with mental illness and/or addiction in our community. Individual and community efforts which increase understanding about mental health/mental illness/addiction or serve to reduce stigma are also recognized.

## Honour Roll

Absolute Respiratory  
Andrews, Connie  
Antoszewski, Linda  
Beemer, Gary  
Beneff Concrete  
Berkel Greenhouses  
Bishop, Cheryl  
Bishop, Sarah  
Blad, Meghan  
Boerkamp, Tracey & Shelley  
Boston Common  
Bowen Therapy  
Bowler, Bruce  
Candy-Harding, Nancy  
Clark`s Pharnasave  
Clarysse, Alexandra  
Cole, Calvin  
Community Legal Clinic  
Compoli, David  
Compoli, Glenna  
Corrigan, Bill  
Delutis, Don  
Druiett, Michele  
Duffet, Robert

Dunn, Alison  
Fleury, Cam  
Fournier, Margo  
Good Redden Klosler  
Goodlet, Darrell  
Graham, Debra  
Green, Sheila  
Kerry`s St. James Street Eatery  
Lomas, Karen  
Lomas, Tom



Lomas, Chad  
Lomas, Christopher  
Metcalf, Keith  
Montgomery, Jean  
Moore, Robert  
Norfolk Dental Hygiene  
Norfolk Office Supply  
OPP - Norfolk Division  
Paliquin, Paulette

Peckford, Alla  
Penny, Trixie  
Pioneer Energy - Target  
Porter, Leanna  
Porter, Spencer  
Procurier, John  
Schooley, Brenda  
Schweertman, Eugene  
Second Ave. Printing  
Schotsch, Ken  
Shepherd, Allen  
Simmons, Irene  
Slaght, Roselle  
Sone, Trevor  
Springview Farms Golf  
Stirling, Erin  
Szolga, Harmony  
Torti, Joanne  
United Way of Haldimand & Norfolk  
Vandehei, Emily  
Warrell, Janice  
Weber, Dr. Gary  
Williamson, Donna  
Woodward, Amber





## Value of Social Recreation

At the Wellness & Recovery Centre, social recreation provides a foundation for the integration and empowerment of members. Activities include crafts, social outings, information presentations and are fun and easy ways for members to enjoy themselves and develop a sense of community.

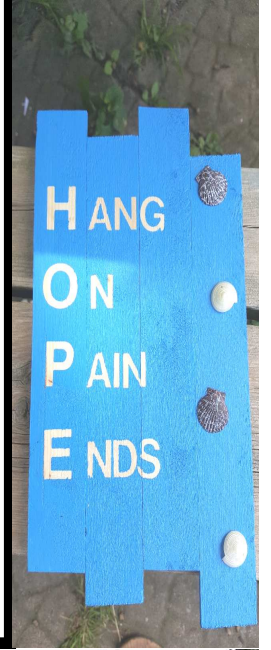
Individuals living with mental illness may experience greater social isolation and lower life satisfaction; however recreation can counteract these effects. The Centre provides social networks through recreation as programming allows members of all ages and abilities to develop and demonstrate social skills while enjoying themselves.

The term 'recovery' highlights the journey to wellness through overcoming obstacles and finding ways to lead fulfilling lives. The literature suggests that art-based practices encourages psychological and social recovery through self-discovery, self-expression, healthy relationships, and social identity. Leisure-based activities can benefit an individual's health as social support and self-determination improve resiliency and act as a buffer against the adverse effects of life stressors on physical and mental health. Using leisure activity to cope with stress and to reduce boredom significantly predicts fewer symptoms of mental illness and thus benefits individuals considerably in their recovery.

Due to the individual and personal nature of the recovery process, benefits from recreation will impact the different needs and goals of participants. It may provide for some intellectual stimulation, interpersonal engagement, skill development or relaxation or a combination.

Brenda recounts that through crafts and outings "you can focus on what you want to focus on and do things that you wouldn't be able to do without the Centre" such as experiencing a wide range of outings within the community including tours, barbecues with other agencies, and fun activities. She also explained that crafts "keep your mind occupied and you can show something that you have made" allowing members to have a sense of achievement and self-determination.

Research and experience show that art-based practices play a substantial role in mental health recovery.



## The Power of Food

While food itself is vital to support and sustain our health and bodies, sharing food brings a wealth of additional benefits. Breaking bread together is a way to remove barriers and helps us explore new cultures and build stronger relationships when we socialize. Sitting down together allows you to chat and find out what's going on in other's lives. Connecting is good for wellbeing.

Providing opportunities for individuals to help prepare meals builds knowledge, skills and confidence. Working together provides a chance to share cooking tips and tricks. It's a great way to bring people together and a good way to pass down favoured recipes. Kitchen creativity also provides many opportunities to explore and introduce each other to new cultures and broaden experiences. Individuals are more inclined to try new things when supported by others in the group than on their own.

While the twice a week lunch program at the WRC is vital for many of our members to extend their limited food budgets and provide two healthy, reliable meals it has also successfully introduced members to new food ideas and options that they can use at home. Many lunches are ended with requests for recipes or comments reflecting 'I didn't know you could do that, I'll try that at home.'

The Centre also provides members with opportunities to actively engage in the kitchen and for Brenda this has been a chance to follow up on her interest in learning to plan and cook meals. Brenda shared how much she enjoys being in the kitchen, learning to follow recipes and learning to cook food in many different ways. Brenda finds it very worthwhile and rewarding, and feels no stress at all when she is in the kitchen although she did share "I don't want to burn anything in the oven." Brenda has gained a great deal of knowledge and confidence from her cooking experiences and now has even cooked some of the meals at home for her husband. He loves her cooking now. Brenda said: "I love being in the kitchen learning things", and with each lesson the learning is coming easier. She is very grateful for the opportunity to spend some special time in the kitchen with Susan.



Brenda's fruit tart

Another food based program of the Centre is 'Food Stop'. Members were expressing frustration with grocery shopping that they get stymied or 'stopped' by many of the products in the store (especially fruits and vegetables) that they did not know or recognize. While products looked interesting, on a limited budget, there was reluctance to try new items as it could prove a waste of money. As a result 'Food Stop' was created to try and remove the barriers individuals were experiencing. The program each month, explores a food group or category such as root vegetables, grains, stone fruit and in a group they learn about the foods, how to select them, prepare them and then they have a chance to sample and taste them. This program has broadened the food horizons of members and staff—for many spaghetti squash was a new and successful discovery and blood oranges won over some new followers.

## Self-Esteem

The importance of a healthy self-esteem for the foundation of our existence cannot be underestimated. Our esteem is important because it has an impact on our life and choices. Our self-value is the source of our mental health. Self-esteem is the idea that we have about ourselves. It is how valuable and important we think we are. How we respect ourselves as a person.

Healthy self-esteem has often been significantly undermined or diminished for members at the Centre and those living with mental illness or addiction. Individuals have often felt 'beaten up' by their life challenges and their self-esteem has suffered in the process. Self-esteem is impacted by life's experiences and the thoughts, feelings and opinions individuals have about those experiences and themselves which is reassuring as it means that self-esteem is not fixed, it can change depending on the way we think. We identified that through education and support individuals could be empowered to understand self-esteem and learn to challenge 'what is' to enhance and rebuild their personal self-esteem.



A four part self-esteem program has been delivered at both the Simcoe Centre and in Townsend to positive reviews.

### ***What did you learn from the self-esteem program? Have you noticed any benefits?***

I've learned many different things! Sometimes it's hard to be positive in negative times, but I've learned to try to think about it from the other person's side; "maybe they had a bad day that day and that's why they're being negative towards me". It helps me take in all aspects and to see the big picture rather than getting upset. I'd like to take it again!

After the program, I've felt more open and comfortable here. I really want to be here and everyone makes me feel very welcome. I feel supported and happy. It's good that we are all in the same boat because it makes it easier not to feel alone. I feel this is something that everyone can use.

### ***How will the information you learned be used or impact your work or daily life?***

Thank you so much for having this program available to those who need support. I know this has positively affected my life and I hope it can do the same for others. Knowing the presenters have had life experiences just like us made it so much better.

I really am glad to have taken the time to come. It helped me become more aware and will help shape my thoughts to become more positive.



## Anxiety Support Group

Anxiety disorders take “normal” anxiety responses to another level. Worrying or worrying about worrying disrupts the flow of daily life. Although this may trigger an individual’s fight or flight response, what seemed to start the cycle of anxiety or worry cannot always be connected to any event or the reaction does not fit an event. Problem anxiety tends to be chronic, irrational and interferes with many life functions. Avoidance behavior, incessant worry and concentration and memory problems may all stem from problem anxiety. These symptoms may be so intense that they cause family, work and social difficulties. This is when it becomes problematic for the person.

The Achieve Mental Health Wellness & Recovery Centre runs an Anxiety Support Group in the fall and spring each year and is now accepting referrals for the fall start. This group is a skills and information group for those living with problematic anxiety. The larger objective of this group is to support those who are a part of or wish to be more active within the Wellness and Recovery Centre (WRC) and in the community. It is designed with peer support to provide self-help information and coping strategies to assist individuals to enhance their skills and build the confidence to live a more anxiety free life.

This group is open to members of the Centre or for those who wish to become engaged with Centre activities.

During the 13 weeks we cover topics such as; understanding anxiety, triggers, mindfulness, affirmations, responding to social challenges, distress tolerance, boundaries, emotions, and focusing on your strengths.

The benefits of a small group setting offer peer support from those with shared lived experience. Participants open up, establish SMART goals to work towards their recovery, learn about coping mechanisms, and anxiety itself. Participants also learn to survive crisis situations and to gain acceptance of oneself and situation.

The Anxiety Support Group is a closed group which typically consists of 5-9 people including the staff facilitating the group and, when available, a co-facilitator who has completed the group. In Dunnville the group will run every Wednesday from 10am till noon beginning September 6, 2017. The group in Simcoe will run every Thursday from 10am till noon beginning September 14, 2017. After completion of the 13 week program group members are invited to attend a monthly check in to ensure members are on track and to provide them an opportunity to share their experiences and accomplishments.

Contact Marijo at the WRC (519-428-0580 x 5 or 1-877-909-4357 x 5) for more information.

“It is always easier to make positive lifestyle changes with the support of others.”

## From Student to Summer Staff

I began my cooperative learning placement program during my grade 12 year at Holy Trinity Catholic High school. Because of my interest in the Social Work field, this program allowed me to discover The Wellness & Recovery Centre. After learning a little bit about the Centre and what they do, I decided to experience it for myself.

My time at Centre was a very positive influence on my entire well-being. The Centre’s atmosphere of a community coming together, as well as integration was a very calming factor to me. I experienced a very welcoming feeling from the Centre and everyone in it when first starting my placement. This allowed me to easily open up and get involved in all activities as much as I could. For example, an activity that I enjoyed doing at the centre was using an idea as well as my creativity to create PowerPoints for the members. By teaching these presentations to the members, my oral communication skills increased dramatically. Not only did I feel more confident in my communication skills, but my teachers commented on how greatly they had improved. At the Centre I also gained further skills by learning how to cook and bake different foods, talking to members and staff, and assisting or leading different craft activities, games and more.

When the end of my placement became close, I knew I was going to miss my time at the Centre. This is because I had developed many friendships with some of the members as well as staff. My time at the Centre also allowed me to experience new and interesting things through outings, trying new foods, meeting people coming in from the community and teaching, and even through presentations taught by staff. However, I was soon intrigued by a summer job position brought up by the staff. I decided to apply to this position because I felt that it would further my skills, give me a sense of working in this type of field, and so I could continue my friendships with the members and staff at the centre.

Since starting the job of summer student I have been opened to many more new and interesting things. For example, another staff member and I were given the task of making a hula lesson to teach members. This is very new and exciting to me as I am not a very big dancer in general. Also, one of the staff members taught the Centre about all the different types of hot dogs and how wacky they can be. The Centre then put together a hot dog from around the world BBQ. During this time, staff and members were encouraged to try as much as they could on their hot dog.

This job has also given me a sense of accomplishment. This is because I am needed to help out with the planning and participating of many different activities. Another part of the job that gives me a sense of accomplishment and bettered my interpersonal skills is by simply just sitting and listening or talking to members. I also believe that throughout my short amount of time working here I have improved my leadership skills through leading activities, and my initiative or problem solving skills by finding tasks to do when things are slow, or finding solutions for things like running low on craft materials. Furthermore, I believe that choosing to work at The Wellness & Recovery Centre for the summer student job was the best choice. Arden Boer.



## World Suicide Prevention Day

Eleven Canadians will die today by suicide and for every person who dies by suicide, it is estimated that another 20 will make a suicide attempt. These startling statistics underscore the importance of suicide awareness and prevention initiatives.

Community Addiction and Mental Health Services of Haldimand and Norfolk (CAMHS) through the efforts of the Wellness & Recovery Centre work throughout the year to provide awareness, education and resources for suicide prevention in Haldimand and Norfolk. The annual linchpin event of these ongoing efforts is our World Suicide Prevention Day **Igniting HOPE** Walk & Candle Lighting.

This event draws together service providers and community to increase awareness of the incidence and impact of suicide and the resources available to those at risk of suicide. Our goal is to enhance our community's capacity to respond to and prevent suicide.

This year, on Monday September 11, 2017 we will host a two kilometer walk through Simcoe to the Norfolk County Fairgrounds where participants will engage with service providers to gather resources and suicide prevention information. Guest speakers provide participants with additional insight into the challenges and HOPE that accompany suicide and suicide prevention. The evening culminates with a candle lighting memorial to those at risk and those who have lost their lives to suicide AND that together through caring and understanding we can ignite the flame of HOPE for those at risk.

This year's World Suicide Prevention Day (WSPD) theme is "take a minute, change a life." At times, the work of suicide prevention can feel overwhelming, and we may question what we can do to help, especially when we hear the stark statistics. But we must always remember that help, hope, and healing are possible, and small acts can make a big difference.

A minute doesn't sound like that much time, but consider the fact that there are 1440 minutes in a day. Small moments add up. WSPD is a chance to come together to raise awareness about suicide and encourage everyone to do their part. All of us can take a minute to change a life.



## Moving Forward

As a student of Mohawk College within the Intensive Social Service Worker Program I had the opportunity to spend my first placement at the Wellness & Recovery Centre. As an individual who is progressing towards the Social Service field and away from College and University, the experience I have had has allowed me to gain hands-on knowledge and skill development, which I will use in future endeavours. I would like to give a special thanks to Susan (my supervisor) as well as Trisha, Arica, Deborah, and Marijo who have been very thoughtful of my learning and opened up many opportunities.

### Community Social Service Workers



I have designed and presented programming, participated in social recreation and engaged with members throughout my time spent at the Wellness & Recovery Centre. I have been welcomed into this placement by staff and members who have continued to express tremendous gratitude towards my contributions. I have been given responsibility and value at the Centre where my skills have been utilized and appreciated. I enjoy the interesting programming I am assigned and have been thankful for the challenging opportunities to grow personally and professionally within the field of Social Service. My confidence has increased through my opportunity to step outside of my comfort zone and become a valued member of the team through the assignment of independent tasks. I have recognized the work the Centre does to empower individuals through education, peer support and social recreation while also meeting agency demands such as administrative duties. I have learned the importance of interpersonal and communication skills within the Social Service field through having the ability to accurately be aware of people's needs, concerns, and goals. As I approach the daunting reality of becoming a new worker, I feel as though my educational and practicum experiences have prepared me to be successful in the demanding yet fulfilling profession of Social Service work.

Clair DeBathe



## BACK THE BLUE SAY THANK YOU

On May 19th, during Police Week, the Centre hosted our first 'Back the Blue, Say Thank You' BBQ to acknowledge and thank the officers of the Norfolk OPP for their ongoing efforts with and commitment to our mental health community. The OPP have been annual partners who attend, serve and sing at our Christmas dinner, they attend and support the Igniting HOPE

suicide prevention walk and they welcome and learn from the experience of individuals with lived experience during their Crisis Intervention Training (CIT). The development of a CAMHS/Norfolk OPP Mobile Crisis Rapid Response Team (MCRRT) speaks volumes to their positive efforts to understand and respond effectively to those experiencing mental health challenges or addiction/mental illness concerns.

During the BBQ a raffle was held with the proceeds donated to the Norfolk OPP charity of choice, the Special Olympics. Dave, a member of the Centre and Special Olympics participant presented the proceeds to the officers in attendance.

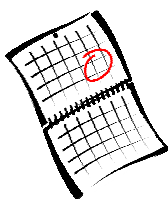


## NEW LOOK - Dunnville WRC

Community Addiction and Mental Health Services of Haldimand and Norfolk (CAMHS) are pleased to announce that our Wellness & Recovery Centre in Dunnville will be re-opening in August with a brand new look. CAMHS, in response to community requests and consultations, will begin operating the Centre as an information and support hub of mental health and addiction services and resources. The Centre will partner with addiction and mental health providers, which currently include Canadian Mental Health Association (CMHA) and ABEL Competitive Employment (ACE), to enhance access for the Dunnville community to a broad range of mental health and addiction wellness and recovery resources.

We are excited that additional community partners will be joining with us in the coming months and we will share these partnerships as they develop.

The new design will incorporate drop in times to meet and greet with a variety of addiction, mental health and social service providers. A calendar of groups and presentations will be available outlining the monthly opportunities that will be offered at the Centre. Please note some groups will require pre-registration while others will be open topics that individuals can attend without pre-registration.



The window of the Dunnville Centre is being set up to promote the monthly calendar to the community and will also provide information posters of the various groups and activities. The goal is to provide for and encourage a broad range of community engagement for individuals to connect and enhance their overall wellness and recovery.

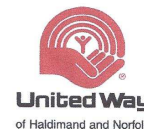
For more information contact 1-888-909-4357 x 5 (Simcoe site).

## United Way of Haldimand and Norfolk

United Way of Haldimand and Norfolk creates opportunities to better the lives of Haldimand and Norfolk residents.

They are committed to making positive, long-term changes that target the root causes of social challenges faced by our community.

United Way support helps to fund twelve different agencies and seventeen different programs which assist people in Haldimand and Norfolk.



The Mental Health Literacy Program (MHL) operated by the Centre is funded through the United Way. The program promotes, supports and encourages ... positive mental health, awareness for early identification and intervention, knowledge of community resources and supports, and the development of supportive and understanding citizens and communities free from stigma.

Through this program the Centre is able to maintain a Health & Wellness Collection of books, DVDs and videos housed at the Simcoe branch of the Norfolk County Public Library. Funds also allowed the Centre to develop a mental health pamphlet for seasonal agricultural workers in English and Spanish, a mental illness information booklet for the Low-German speaking community and the eight part Sign Post series on mental health and mental illness. The Centre is also able to engage the community through events, presentations and displays such as the annual Mind\*Body\*Spirit Wellness Fair, partnership with Bell Let's Talk, the Igniting HOPE Suicide Prevention Walk and our 'Put a Spotlight on Mental Health' campaign.



## Loonie Toonie Auction

Tickets are now available at the Centre for our Sunday November 5 'Winter Wonderland' Loonie Toonie auction. The auction raises funds to support the ongoing operation of the transportation program which provides critical support for members to access the Centre and attend medical and social service appointments. Admission tickets are \$7.50 in advance or \$10.00 at the door. Doors open at 11:30am (basket previews) and the auction begins at 12:30pm. The auction is held at the Jr. Farmer's Building on the Simcoe fairgrounds.



## Expect the Unexpected BBQ

Join us for a fundraising BBQ  
Supporting United Way of HN

**Friday September 15**  
**11am - 1pm**  
**\$5.00**



Not your usual hamburger and hot dog BBQ

## Get Inspired

"Hope is not pretending that troubles don't exist. It is the hope that they won't last forever. That hurts will be healed and difficulties overcome. That we will be led out of the darkness and into the sunshine."

"Hope is not a dream but a way of making dreams become a reality"

"When everything else fails and there is only a single rope you can hold on to, that is hope"

"A single thread of hope is still a very powerful thing."



[facebook.com/CAMHSWRC/](https://facebook.com/CAMHSWRC/)





## Achieve Mental Health Wellness & Recovery Centre

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Fax 519-428-5603

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N1A 1H6

Phone: 905-701-9290

Fax: 1-519-428-5603

Email: [rcentre@camhs.ca](mailto:rcentre@camhs.ca)

Toll-free number (to Simcoe)  
1-877-909-4357 x 5

# SEPTEMBER 11

## Igniting HOPE Walk for Suicide Prevention

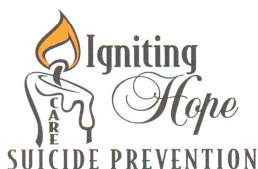
- 4:30 Walk registration at the Wellness & Recovery Centre (50 Orchard Avenue, Simcoe)
- 5:00 Walkers leave the WRC
- 6:30 BBQ and entertainment - Jr. Farmer's Building, Fairgrounds
- 7:30 Keynote Speaker, presentations
- Dusk Candle lighting

**EVERYONE WELCOME**

*Build your knowledge; learn what services and resources are available for suicide prevention and support at booths and displays on site all evening*



## Together WE can make a difference



To pre-register or to order a walk shirt (\$10)  
or for more information contact  
Wellness & Recovery Centre at

**519-428-0580 x 5**

We hope you find "A Journey with Friends" an informative and enjoyable read. Please direct any comments to Susan Roach, Manager, Wellness & Recovery Centre.



We welcome and invite your feedback.

## Wellness & Recovery Staff

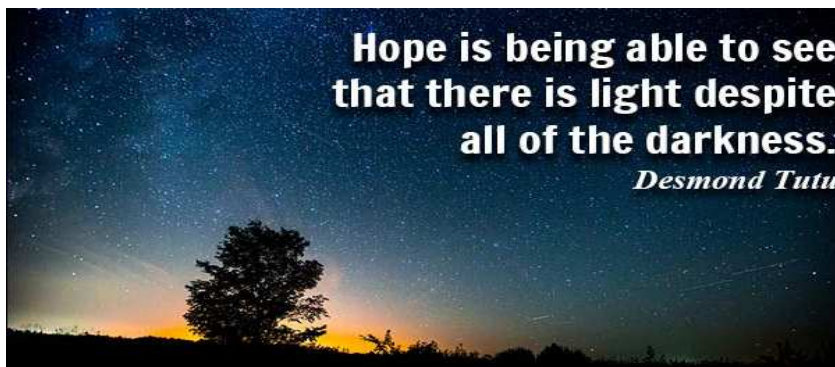
Program Manager:  
Susan Roach

Program Assistants:  
Arica Dekeyser  
Charlotte Potticary  
Trisha Schotsch  
Deborah Strachan  
Marijo Watt

Walkers are invited to visit the Centre between 3pm and 4:30pm on September 11<sup>th</sup> for an open house tour of the Centre

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

*Desmond Tutu*



Community Addiction and Mental Health Services of Haldimand & Norfolk provides community-based mental health services for people aged 16 and older and addiction services for people of all ages.

Services include assessment, counseling, consultation, support, advocacy, and case management.

Funding support provided by:



**Ontario**

Hamilton Niagara Haldimand Brant  
Local Health Integration Network