

TAKE5IVE

PRENDS

CMHA SUDBURY/MANITOULIN'S COMMUNITY NEWSLETTER
LE BULLETIN COMMUNAUTAIRE DE L'ACSM SUDBURY/MANITOULIN

ADVOCACY & AWARENESS

Promotion et sensibilisation



**KNOCK ME DOWN AND I'LL
GET BACK UP
AGAIN.**

#GetLoud about

WHAT MENTAL HEALTH REALLY IS.



May 6-12, 2019

mentalhealthweek.ca

WHAT'S NEW

Quoi de neuf

Services en français à l'ACSM

Le saviez-vous? Un demi-million de personnes dont la langue maternelle est le français habitent en Ontario. Leur drapeau, le drapeau franco-ontarien, fait partie de l'un de sept emblèmes officiels de l'Ontario. **L'ACSM – S/M a récemment formé un comité pour les services en français.** L'objectif de ce comité est de renforcer les services en français au sein de l'organisme. Le comité a déjà tenu deux réunions et les membres ont hâte de travailler sur de futurs projets. Gardez l'œil ouvert pour les annonces à venir!



Did you know that there are half a million native French speakers residing in Ontario? The Franco-Ontarian flag is one of Ontario's seven official emblems. CMHA-S/M has recently formed a **French**

[Language Services Committee](#) to solidify French language services within the agency. The committee has already had two meetings and is looking forward to future projects. Please keep an eye for upcoming announcements.

Harm Reduction at 200 Larch Street Place

The opening of 200 Larch Street Place will provide a permanent location, as well as allowing for an expansion, of CMHA- S/M's Harm Reduction Home. The HRH program works to reduce the harms associated with consuming non-beverage forms of alcohol such as mouthwash, hand sanitizer and more.

"The program is nice. It helped me slow down on my drinking. I like the people, they are like family" said a resident of the Harm Reduction Home.

Individualized care planning assists individuals to work towards personal goals and enhanced physical and psychological wellbeing through a person centred approach that meets them where they are at.



[Read full article here](#)

[Version française](#)

Midterms got you stressed?
We've got you covered

1. Give your body a stretch
2. Get a good night's rest
3. Take a deep breath

Learn how to de-stress and solve your challenges during midterms with our free online video program BounceBack!

BounceBack
reclaim your health

UPCOMING EVENTS

Événements à venir

May 13-14 2019

Canadian Mental Health Association Ontario / Association canadienne pour la santé mentale Ontario

Roadmaps to RESILIENCY

Investing in mental wellness for Ontario's workplaces

Toronto Marriott Eaton Centre

REGISTER NOW: mentalhealthworks.ca/annual-workplace-conference/

JE ME SENS
À MA PLACE
DANS MA COMMUNAUTÉ.

#ParlerHautEtFort pour
DÉMYSTIFIER LA SANTÉ MENTALE.



Semaine de la santé
mentale de l'ACSM du

6 au 12 mai 2019

Visitez semainesantementale.ca
pour y trouver l'info et des outils!

7th ANNUAL
BBQ
FOR MENTAL HEALTH
Friday, May 24, 2019

Sudbury Credit Union
Community Banking Services



📍 Sudbury Credit Union
469 Bouchard Street, Sudbury

🕒 11 am to 2 pm

★ Proceeds from the BBQ will go to
CMHA Sudbury/Manitoulin



Canadian Mental
Health Association
Sudbury/Manitoulin
Mental Health & Addiction Services

Association canadienne
pour la santé mentale
Sudbury/Manitoulin
Services de santé mentale & de toxicomanie

COMMUNITY CHAMPIONS

Champions communautaires

March art show raises money in support of mental health

On March 24th, Public Relations students from Cambrian College organized an event called '**March out of Winter**' to celebrate the start of spring and raise funds for CMHA-S/M and public relations student bursaries.

The event was held at La fromagerie on Elgin and featured local art work on display as well as musical performances by Kassie Taylor and Leah Belle from the Sudbury School of Performing Arts. **The event raised over \$400!**



A special thank you goes out to art show organizers (left to right) Asha Maria Mathew, Joey Ulmer, Jasmine McLean, Ashtrid Lopez, & Cheryl Lavigne! *Photo credit: Brittney Ince*

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