

OUR PATH OF HOPE



**CMHA HALIFAX-DARTMOUTH
BRANCH ANNUAL REPORT 15/16**



**Canadian Mental
Health Association**
Halifax-Dartmouth

Vision, Mission, and Values

Our Vision	Mentally healthy people in a healthy society.
Our Mission	As a local leader and champion for mental health, we support the resilience and recovery/well-being of people living with mental illness through our social programs, our support services, and through the provision of information, resources, referrals and advocacy in a space that is inclusive, safe, and respectful. We strive to create an environment of hope, to reduce stigma, and to promote mental health for all.
What we do	<p>We fulfill our mission by:</p> <ul style="list-style-type: none"> • Creating environments that foster trust and a sense of belonging • Delivering social support programs for adults living with mental illness and mental health problems • Collaborating with other organizations on mental health initiatives • Providing information about mental health resources within the community • Building capacity for individuals to be active and fulfilled citizens in the community – to feel acceptance, recognition, and a sense of contribution • Reducing stigma by raising awareness
What guides our actions	<p>Integrity: We value honesty, sincerity, truth and honouring our promises.</p> <p>Empathy: We believe in listening in a caring, open and non-judgemental manner.</p> <p>Equality: We believe in a mental health continuum where there is no “us” and “they”. We believe everyone is deserving of respect and should be empowered as a citizen within our community.</p> <p>Diversity: We value diversity and individuality. We believe that the differing perspectives offered by race, religious belief, sexual orientation, age, and ability, all contribute to a richer society.</p> <p>Transparency: We are committed to being focused, accountable, and transparent in the effective and efficient use of our resources.</p> <p>Collaboration: We promote working together, cooperation, and reaching out to partners in order to provide a continuity of support and advocacy for mental health.</p>

Source: Our Path of Hope: A Strategic Plan for CMHA Halifax-Dartmouth 2015 -2020

Board of Directors CMHA Halifax-Dartmouth

2016 - 2017

Officers

Hayden Laltoo	<i>Chair</i>
Stacey Jones-Oxner	<i>Vice Co-Chair; Governance Committee</i>
Vicki MacDonald	<i>Vice Co-Chair; Human Resource Committee</i>
Darryl Gaines	<i>Treasurer; Housing Committee</i>
Vacant	<i>Secretary</i>
Judith Fingard	<i>Member at Large; Mosaic for Mental Health Liaison</i>
Erin Flaim	<i>Member at Large; Strategic Plan lead; Governance and Housing Committees</i>
RJ Lasnier	<i>Among Friends Club Member Representative</i>
Kelly Castle	<i>Sharing and Caring Club Member Representative</i>
Sean Ponnambalam	<i>Member at Large; Governance Committee</i>
Char Boudreau	<i>Member at Large</i>
Julie Longard	<i>Member at Large; Human Resource Committee</i>
Robert Carter	<i>Past Chair Emeritus</i>

Nominations 2016 -2017

Jeff Nearing	<i>Nomination for the Board</i>
Chelcie Soroka	<i>Nomination for the Board</i>
Carolyn Price	<i>Nomination for the Board</i>

Resignations 2015-2016

Steve Bornemann	<i>Resigning from the Board</i>
Christopher McWilliam	<i>Resigning from the Board</i>
Keith Brumwell	<i>Resigned from Board (summer 2015)</i>
Julie Longard	<i>Resigning as Secretary</i>



**Canadian Mental
Health Association**
Halifax-Dartmouth
Mental health for all

Board Chair's Message

The past year has been a challenging one for the Canadian Mental Health Association (CMHA) Halifax- Dartmouth branch as we continue to mirror the resilience of the community we serve. Those affected by mental illness and mental health issues often face stressors of marginalization, financial uncertainty and sometimes the reality of homelessness. Similarly, CMHA has experienced the constraints of limited funding and repeated “homelessness” of the Dartmouth Among Friends Social Club and office space this past year - the latter for reasons beyond our control.

However, in spite of these uncertainties, I am pleased to report that our organization continues to stay true to its mandate. We are fortunate to be served by dedicated staff, volunteers and a Board which has been diligent and proactive.

A notable achievement has been the adoption of our Strategic Plan, which has been in development over the past 2 years. Board member, Erin Flaim has been a driving force behind this initiative and was recently awarded an HRM Volunteer award in recognition of such. We have once again been successful in being granted funding by the United Way along with the Nova Scotia Department of Community Services, and the Nova Scotia Health Authority Central Zone, among other donors, and are grateful in this regard. In addition, Judith Fingard has emerged as our 2015/2016 Patron. Clearly this occurs in recognition of our valuable contribution to the community we serve. The Mosaic for Mental Health continues to be our signature fundraising event and a mainstay in our drive for financial sustainability.

In conclusion, the organization continues to demonstrate the key attributes of adaptability and flexibility in the face of adversity. Resilience is indeed the ability to bend and not break. We look forward to the next year with a renewed sense of commitment and passion intent on helping to improve the mental health of those in our community.

Respectfully Submitted,
Hayden Laltoo
Chair, CMHA Halifax-Dartmouth



Co-Managers Remarks

This year Marg and Bev celebrate 47 years of combined service with the Canadian Mental Health Association, Halifax-Dartmouth Branch. During this time, we have had the opportunity to meet some extraordinary people who have shared with us their personal stories of recovery and resilience. These heartfelt stories have intertwining moments of despair and hope depending upon current life circumstances. Despite the challenges individuals have faced and the hardships they have had to endure there is strength that lies within which they draw upon during these difficult moments. It is this strength and self-determination that gives individuals the ability to overcome the barriers and continue to move forward in their lives and strive for better tomorrows.

Parallel to the participants' journeys, CMHA Halifax-Dartmouth Branch has also had its own journey. As an organization we have had to weather through some storms, which have obstructed our path. Despite these challenges we have managed, with support from volunteers, staff, members, community partners and funders, to sort through the obstacles and clear the way in order to persevere.

The 2015-16 year has been eventful. The CMHA Hal-Dart Branch once again Co-Hosted the Defeat Depression Walk with the Mood Disorders Association of Canada and NS. CMHA Hal-Dart assisted with organizing the 8th Annual Mental Health Community Festival of Hope which was held in October during Mental Illness Awareness week. Third party fundraising initiatives hosted by The VI Bike Club, Fall River-Westphal Volunteer Fire Department and Abbey Road Tribute Band all pitched in. In June the AGM was held in the new Halifax-Dartmouth Branch space at 2020 Gottingen Street. Erin Flaim presented a draft of the Strategic Plan. Sessions were held for members and Stakeholders to provide input for the Strategic Plan. In December 2015 the Dartmouth Among Friends Social Club was given notice that they would have to vacate the premises at 12 Wentworth Street by February 2016. We would once again be on the move. The three social support programs hosted student placements from the School of Occupational Therapy, School of Nursing and Dalhousie School of Medicine for their immersive experience. Bob Ransom won an Outstanding Individual Award from the Mental Health Foundation of Nova Scotia and Bev Cadham won a MICA (Meaningful Involvement of Consumers) Award from the Department of Health & Wellness. Keith Brumwell donated his time to teach a Mental Health First Aid Course for staff and volunteers in the spring of 2015. The Mosaic for Mental Health Art Exhibition & Sale was a tremendous success and we even hosted 2 events at Nocturne, the Mosaic at the Craig Gallery and Digital Stories at 2020 Gottingen.

The Creative Collaborative Communities (CCC) Project was an amazing initiative that we hosted with community partners. The C3 Event held on September 25th at Farrell Hall was an entirely new experience on how to work collaboratively and take action. Projects like CCC and Getting Through the Door were funded by Department of Health Community Grants and greatly increased our knowledge and ability to collaborate. We will now support other community partners as they host these initiatives. During the next year as we work on implementing our strategic plan, we will focus on increasing core funding and resources.

We will continue to work towards our CMHA Vision of "mentally healthy people in a healthy community" which aligns well with the new vision of United Way Halifax ...United by compassion. Rich in opportunity. Free of Poverty.



Marg & Bev

Beverly Cadham & Margaret Murray
Branch Co-Managers

Board Reports

Strategic Planning Update

Strategic Plan Update:

The Board focused its efforts in the spring of 2015 finalizing the details of its draft 5-year strategic plan Our Path of Hope. At the same time, the Board identified key priorities to set the foundation to move forward while further validation of the approach occurred prior to stakeholder engagement sessions being held in the Fall. The information collected from our members and partners at these stakeholder sessions was incorporated into the Strategic Plan. These sessions were highly collaborative and provided the organization with significant insight into common challenges. The sessions also created an environment of inspirational thought that will help CHMA Hal-Dart Branch pursue its goals. The strategic plan was fully endorsed by the Board at the January 2016 meeting finalizing the organization's direction-for the next five (5) years. The Board felt a tremendous sense of accomplishment with the approval of this document.

The key priority areas are: reviewing and refining our governance structure; reviewing policies and procedures; program evaluations; aligning programs and services with funding; strengthening communications; and developing a service plan for the relocation of Dartmouth. Through this focused work the Board has created a foundation for its work that better prepares us for the future.

There is specific information on the work that has been done as a result of the strategic plan in updates provided for the committees that have been established to support these priority areas including governance, human resources, and housing.

Submitted by,

Erin Flaim

Member at Large; Strategic Plan lead; Governance and Housing Committees



Governance, Human Resources & Housing Committees

Governance Committee

Members: Stacey Jones-Oxner, Vicki MacDonald, Erin Flaim, Sean Ponnambalam, Steve Bornemann.

The Governance committee was formed in November 2015 to help put in motion some of the goals identified in the CMHA Halifax/Dartmouth branch's five-year strategic plan. To be a more accountable and an effective organization, we must have better governance. The role of the governance committee is to help us along that path.

In its first six months, the governance committee struck two sub-committees:
Human Resource Committee; Housing Committee

The **Human Resource Committee**, led by Vicki MacDonald, Julie Longard, and Steve Bornemann was established to help develop a plan to recognize the invaluable contributions of staff and volunteers. The committee is working with staff to better understand staff roles and gaps in order to create up to date job descriptions for the branch co-managers. In the future, once clear job descriptions are in place, the HR Committee will help provide formal feedback to senior staff on an ongoing basis. The HR Committee is also available to help senior staff navigate any challenging staff relations should they arise. The outcome of this committee will be improved structure and a succession plan as well as better support for staff and volunteers.

The **Housing Committee**, led by Erin Flaim and Bev Cadham was struck to help find a more permanent home for the Among Friends Club. The Committee also includes the leadership support of Hayden Laltoo and Darryl Gaines to help shepherd the approach given the changing circumstances that have been encountered. Being aware of the impact these changes are having on members and the delivery of services over the last few months, the committee has been reaching out to partners and community leaders to find a solution. The board is committed to this program and the members it serves and so it is imperative we find the right, more sustainable, long-term home for Among Friends.

The Governance Committee also developed a plan for nominations to the board. The committee compared skills of the board against its goals in the strategic plan and quickly identified gaps among current board members including: communications, fundraising and administration. We're very pleased that we've been able to recruit a few new members that will help fill some of these gaps. We hope to add more strength to the board over the next few months.

Priorities for the governance committee over the next year include: development of a board governance framework including roles and responsibilities and refinement of organizational structure; recruitment, training and orientation plans. We are all very much looking forward to the 2016/17.

Submitted by,
Stacey Jones-Oxner
Vice Co-Chair; Governance Committee Lead

Social Programs and Initiatives

CMHA Halifax-Dartmouth provides a variety of social clubs, programs and initiatives to support resilience, recovery and well-being for adults living with mental illness and mental health problems. **Through our social programs we are striving to help people live fulfilling lives in the community.**

WHAT SOCIAL PROGRAMS DO:

- Fosters Social Inclusion
- Increases well-being and generates personal wellness
- Provides opportunities for engagement in community activities & events
- Promotes teamwork and local citizenship
- Creates natural sense of acceptance, belonging and respect
- Enables individuals to connect and build trusting relationships with peers



Sharing and Caring Social Club

2015 has proven to be a promising year for the Sharing and Caring Social Club with many exciting events and an average of 15.4 visitors per day.

The Sharing and Caring Social Club was delighted to continue to host numerous students for educational placements, including two nursing students and six OT students, who also assisted with Among Friends and Building Bridges. We enjoyed the students' diverse qualities and talents, teaching us new activities and lessons each visit, and always bringing a warm and welcoming presence to our club.

We also had a summer student, Hannah, who had planned a summer full of enjoyable activities and trips. Some of the most memorable trips include the Buskers, the Jazz Festival, Shakespeare by the Sea, and a day trip to McNabs Island. We also had some outstanding activities including Christmas in July, a pizza party at the Dartmouth Pizza Oven, and a lively BBQ at Point Pleasant Park. Our biggest and most enjoyable event this year, however, was our annual Christmas party, hosted at the Lord Nelson Hotel.

This year, the Sharing and Caring Social Club said farewell to two hard-working and notable employees, Doug Rogers and Vanessa Smith. Doug Rogers had worked with us for many years and we wish him well in his retirement. Vanessa Smith had worked with us for many years as well and was the Sharing and Caring Club Coordinator for over two years and we wish her all the best in her future endeavors. I stepped into the role of Coordinator in November.

We would like to sincerely express our appreciation to all club members, staff, volunteers in addition to our Board of Directors and branch staff.

Respectfully Submitted,

Robert Ransom
Sharing and Caring Club Coordinator



Among Friends Social Club

The members of Among Friends Social Club were happy to have been settled in their home space at 12 Wentworth for three years. Unfortunately, in December 2015 we were informed that our five year, lease would be coming to an end in February 2016. This news was both unexpected and disheartening as it meant yet another move, the fifth one in eight and a half years. The search for a new home began as did the process of downsizing and packing of which we have down to an art! Members, staff and volunteers all pitched which was a great help!.

Nik Harris, our Among Friends Summer Student, planned an active and fun-filled summer for the members which gave them the opportunity to participate in numerous activities and experience the culture of their community. Highlights for the summer included: community garden and the pizza oven at the Dartmouth Commons, photography outings, blueberry picking, picnics and games at Point Pleasant, Buskers, Jazz Fest, Shubie Wildlife Park and much more. The biggest event of the year was the Christmas Party at the Lord Nelson Hotel. Members enjoyed a buffet style meal with entertainment. Many also got up and danced which was great fun.

In closing I would like to express my gratitude to Pamela McGee – Executive Director of CMHA Provincial for opening up the space at 63 King to house Among Friends during our transition period. I would also like to extend my sincere thanks to the CMHA Hal-Dart Board of Directors, Casual Relief Staff (Nik Harris, Brittany Naugler, Megan Neil), volunteers, Project 50/60's, placement students from the School of Occupational Therapy, members of Among Friends and the numerous individuals, businesses and service groups who provide support to the AFSC throughout the year, for their ongoing commitment to the organization. In addition I would like to give special acknowledgement to RJ Lasnier for the time and energy he has devoted, in a volunteer capacity, as the Members Representative for AF during the 2015 year. Your dedication and commitment to the Club has been exemplary.

Respectfully submitted,
Beverley Cadham
Program Coordinator - Among Friends
Branch Co-Manager – CMHA Halifax-Dartmouth Branch



Building Bridges Program

The Building Bridges Program quietly operates throughout the community fostering hope, resilience and well-being. During the past year there were 59 members/participant, a total of 37 volunteers. There were all stages of involvement from new participants to long-term and alumni. There are so many who contribute to the success of this program and our storefront office, which I also oversee.

Participants connect individually, in small groups and the community to share time in a welcoming and accepting environment. Movie day at Park Lane, outings to cultural spaces like the Art Gallery of Nova Scotia, our Mental Health for All Coffee House, the new Creative Craft Drop-in, joining one of our Social Clubs, volunteering with our Mosaic for Mental Health/Storefront or joining me at various workshops related to the social determinants of health and mental health services, provides more opportunities for engagement. There is no pressure and all participation is the choice of the individual.

I continue to be the main staff person with support from everyone at CMHA Halifax-Dartmouth Branch. During 2015-2016, we were fortunate to have a summer student and more staff in the organization who could assist when necessary. Although we may have fewer staff supports in the coming year, I feel very fortunate to have caring program members, many of whom offer informal peer support and who are becoming increasingly engaged in our organization and wider community. Our volunteers are self-directed and often maintain contact as alumni when they have to move on from the program. Many have gone on to take on other roles in our organization.

The Universalist Unitarian Church again donated hampers and tim's cards during the holiday season. Gift cards were gratefully received from a group of anonymous mental health professionals and many of our long time supporters donated to the party.

Thank you to our community volunteers, members, staff, board and friends of Building Bridges for believing in the value of this program and the work of our organization. Thank you as well to United Way Halifax & DCS for providing grants for the program. The Building Bridges Outcomes Model works towards engagement and social trust: Feeling inclusion and a sense of belonging; Positive sense of self; More purpose and meaning in life; Connecting to be heard; Feeling empowered; Having more control in one's life. This does not happen in isolation. We must work collaboratively with the person at the centre to truly achieve these outcomes.

Submitted by,
Margaret Murray
Branch CoManager/Building Bridges Coordinator



Creative Collaborative Communities (CCC) Project

The goal of CCC was to increase collaboration among community stakeholders through the use of innovative creative processes and positive recreation experiences with a purpose of improving the mental health of the community. The project consisted of four main components: *Creative Community and Individual Support*, *Creative Community Engagement Process (CCEP)*, *C3 Day: See Three Ways of Putting People in the Centre*, and *CCC Research and Evaluation*. The project also supported work experience placements for 5 Therapeutic Recreation students from Dalhousie University.

The CCC Certified Therapeutic Recreation Specialist facilitated 55 Creative Community group sessions with 198 participants living with mental health challenges, as well as weekly one-to-one individual support for severely isolated individuals. Participants had opportunities to socialize while exploring different creative recreation activities, learning about community resources, and developing or improving skills. The Creative Community workshops helped prepare individuals for participation in the CCEP and C3 Day.

Creative Community Engagement Process (CCEP) workshops were hosted in Halifax, Dartmouth, and Truro. These workshops utilized creative processes to help community stakeholders make connections, build partnerships, and identify untapped or underutilized resources that could be shared or engaged for positive change toward community mental wellbeing. This process allowed individuals with lived experience to have their voices heard.

120 mental health stakeholders registered to participate in C3 Day – a one-day experiential learning event that provided an opportunity to come together to recreate, communicate, and collaborate. 12 individuals with lived experience were hired to support this event. The day included first voice speakers, recreation activities to build rapport, and action planning.



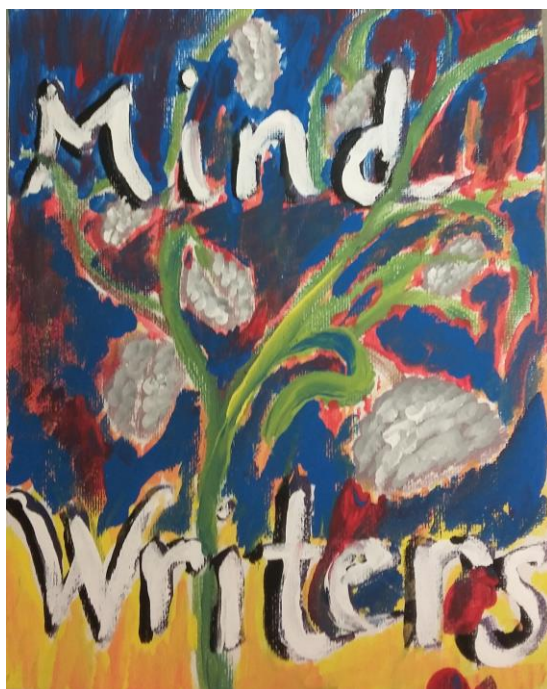
Mindwriters: Ourselves, Our Stories, Our Lives

With the support of a Cultural and Youth Activities grant from the Department of Communities Culture and Heritage, CMHA Halifax- Dartmouth Branch played host to a project that raised awareness among persons with lived experience of their shared culture, history and identity as Mad/ First Voice persons and provided a platform for exploring their own voice through creative writing exercises.

Mindwriters: Ourselves, Our Stories, Our Lives, facilitated by writer Anna Quon, took place between October 2015 and May 2016. Beginning at the Dartmouth Among Friends Club location in the Fall of 2015, and continuing at the Halifax Sharing and Caring Club site in January to May 2016, the Mindwriters learned about the Mad Pride movement, critically considered the language surrounding those labelled "mentally ill", heard from guest presenter artists with lived experience, and wrote: wrote poems, rants ,skits, stories and particularly explored their own stories, values, identities and beliefs associated with lived experience.

The Mindwriters, as Anna took to calling them, also made a video about their take on the word "Mad" together under the direction of filmmaker Robyn Badger. The experience challenged all involved, and was an opportunity for open dialogue and a number of learnings, including what it means for CMHA to support person-centred projects, while fulfilling its own organizational mandate. The conclusion was that it is good for an organization to leave its comfort zone on occasion. A successful final "reading and screening" celebration of the project was held May 26th and attended by family friends and of course a number of current and former Mindwriters. Thanks to all who attended and showed their support for the Mindwriters project!

Submitted by Anna Quon
Mindwriters Facilitator



Mental Health For All **COFFEE HOUSE**



The Mental Health for All Coffee House Series provided live entertainment, refreshments and an opportunity for socializing on Saturday afternoons in the Fall, Winter and Spring 2015-2016. This amazing initiative continues to help to reduce the stigma associated with mental illness by creating a welcoming inclusive space for the whole community where there is no "we and they".

We added a new component the Mental Health for All Coffee House, the Singer Songwriter Summer Circle in July & August 2015. Musician, Tyler Cameron, facilitated this circle, with support from Mike Doyle and Marta Mahini to encourage, motivate and inspire participants to write their story using music and lyrics. This gave several musicians, with lived experience, the opportunity to learn and expand their ability to share their musical gifts. The theme song "A Place to Call Our Own" was performed during the first Coffee House in September 2015.

Thanks to everyone who contributed to the success of the 5th year of the Mental Health for All Coffee House. Special thanks to Facilitator's Marta Mahini who left this position in the fall and Mike Doyle who moved into the Facilitator position in December. We are so pleased to have received funding from the Mental Health Foundation of Nova Scotia for this initiative.

To view more pictures, visit our CMHA Halifax-Dartmouth facebook or twitter @CMHAHalDart.





Canadian Mental
Health Association
Halifax-Dartmouth
Mental health for all

17th Annual Mosaic for Mental Health Art Exhibition & Sale: Horizons

Special Thanks to Our Generous Sponsors

PLATINUM

Bell Aliant



Marjorie Lindsay



GOLD



SILVER



Judith Fingard

CRYSTAL



Helen Koehler



PEWTER



*Also thank you to the 2015 Mosaic
Artists, Patrons & Volunteers*

17th Mosaic for Mental Health: *HORIZONS*

The annual Mosaic for Mental Health continues to provide excellent publicity for the Halifax-Dartmouth Branch as well as generate the major income that we raise through our own efforts. For 2015 we were fortunate to have Catherine Jobin as the event manager. She took over from the talented Liz Pomeroy and their combined efforts over three Mosaic exhibitions raised the bar significantly for this fundraiser. New in 2015 were profiles of some of our artists on Instagram/website and an online auction of a small selection of tiles in addition to the usual silent auction of tiles at the Craig Gallery during the two-week period of the exhibition. You can visit our website to learn more <https://cmhahaldart.ca/mosaic-for-mental-health/>. Apart from the pieces in the two auctions, the artwork was offered at the customary price of \$25 with two sizes of wooden frames on hand at \$20 and \$30. Cards were also available for \$3.50 or \$3 each for four or more.

We put our usual efforts into opening night when we were delighted to welcome Alyse Hand from CTV as our emcee. We benefited again from Donna Hutchinson's lovely harp playing. Jude Caborn, one of our most faithful artists, acted as our event artist and also included a project in which all our attendees could participate—an inspirational paper quilt assembled from the squares we coloured in CMHA blue and green.

Many thanks to our artists, patrons, volunteers, sponsors and staff for their support in 2015. Both sales and monetary sponsorships increased, reaching \$16,044.58 and \$26,900 respectively. Exhibition and Storefront Sales totalled \$21,903 for total revenue of \$47,653 for the year. Scotiabank's matching \$5000 for opening night provided a significant boost and the proceeds from our silent auction in the gallery were at their highest. Sponsorships in kind equalled over \$20,000 including the use of the Craig Gallery, a community partner we greatly value.

Submitted by,

Judith Fingard

Mosaic Committee Chair

Members: Bev Cadham, Kristine Erglis, Catherine Jobin, Stacey Jones-Oxner,
Susan Kilbride-Roper, Liz Pomeroy, Shawn McEwen, Amy Moonshadow, Anne Muench,
Marg Murray, Carolyn Price, Ruth Rogers

792
donated
tiles
411 Artists



Mosaic Artists 2015

Akhmetova, Ramzia	Brumwell, Victoria	Eames, Jennifer
Amero, Carrie	Buckland, Steven	Eaton, Victoria
Anderson, Caroline	Caborn, Jude	Eblaghi, Azar
Anderson, Barbara	Campagna, Kathy	Elias, Linda
Anderson-Pringle, Rozlind	Campbell, Cheryl	Erglis, Kristine
Andrea, Joan	Carrier, Lilianne	Falconer, Shauna
Anonymous	Carvalho, Isabelle	Faustova, Ana
Artworks	Castellani, Catherine	Feltmore, Della
Baksh, Hawa Reza	Chan, Evelyn	Ferguson, Anna
Barclay, Fran	Chandler, Cody	Fiander, Christy
Bartlett, Eve	Chang, Chiao-Wei	Finck, Laurie
Bartlett, Don	Chhetri, Chhatra Bahadur	Fletcher, Alexis
Bartlett, Allana	Chhetri, Krishna Maya	Floyd, Kim
Bassani, Eilidh	Chhetri, Purna Bahadur	Foroughi, Linda
Beauchamp, Giselle	Chinneck, Annie	Fraser, Anne
Belliveau, Rose	Chisholm, Louise	Galey, Sherry
Bennett, Wanda	Ciz, Emily	Galloway, Colleen
Benteau, Matt	Clarke, Kit	Gardner, Mikhail
Bev Catherine	Clarke Young, Rosemary	Gavrish, Valentina
Bhandari, Deo Maya	Clattenburg, Anne	Genova, Lise
Bhujel, San Maya	Cole, Emma	Ginnish, Mia
Bhujel, Badri Maya	Collens, Tess	Glode, Kayla
Bhujel, Tika Maya	Comeau, Diane	Goldchtaub, Maya
Bhujel, Amber	Conklin, Sarah Jane	Gonzalez Rivero, Patricia
Bhujel, Harka Maya	Cooper, Bethalee	Graham-Pole, John
Bhujel, Padam	Cormier, Dora	Grandy, Krista
Blackburn, Emma	Covell, Diana	Graves, Connor
Blatch, Allan	Cripps, Lee	Green, Michael
Blatch, Ethel Rose	Damtoft, Karen	Greenberg, Cheryl
Blatch, Amelia	Davison, Jan	Greenwood, Mary Ellen
Blatch, Hallie	Denos, Tia	Groenendyk, Doretta
Blatch, Ward	Deshwal, Kushaer	Gross, Nora
Blatch, Elizabeth	Dessart, James	Guidry, Jody
Bogaczewicz, Anna	deViller, Jessica	Guppy, Marsha
Bonang-Zilkowsky, June	deViller, Jeffrey	Gurevich, Liza
Booth, Margaret	Dexter, Annabelle	Gurevich, Anastasia
Borden, Kelsey	Dhakal, Pampha	H., Cheryl
Boudreau, Jackie	Dhakal, Mitra Lal	Haggar, Julia
Bourque, Roch	Dhakal, Chandra Maya	Haliburton, Mable
Boutilier, Jessica	Dhakal, Moti Khar	Hames, Kris
Boutilier, Sue	Dhungana, Dhan Maya	Hammond, Judy
Bowie, Christina H.	Dhungana, Mana Maya	Hardy, Cheryl
Bowie-Verge, Melissa	Dlutek, Maria	Hardy, Iris

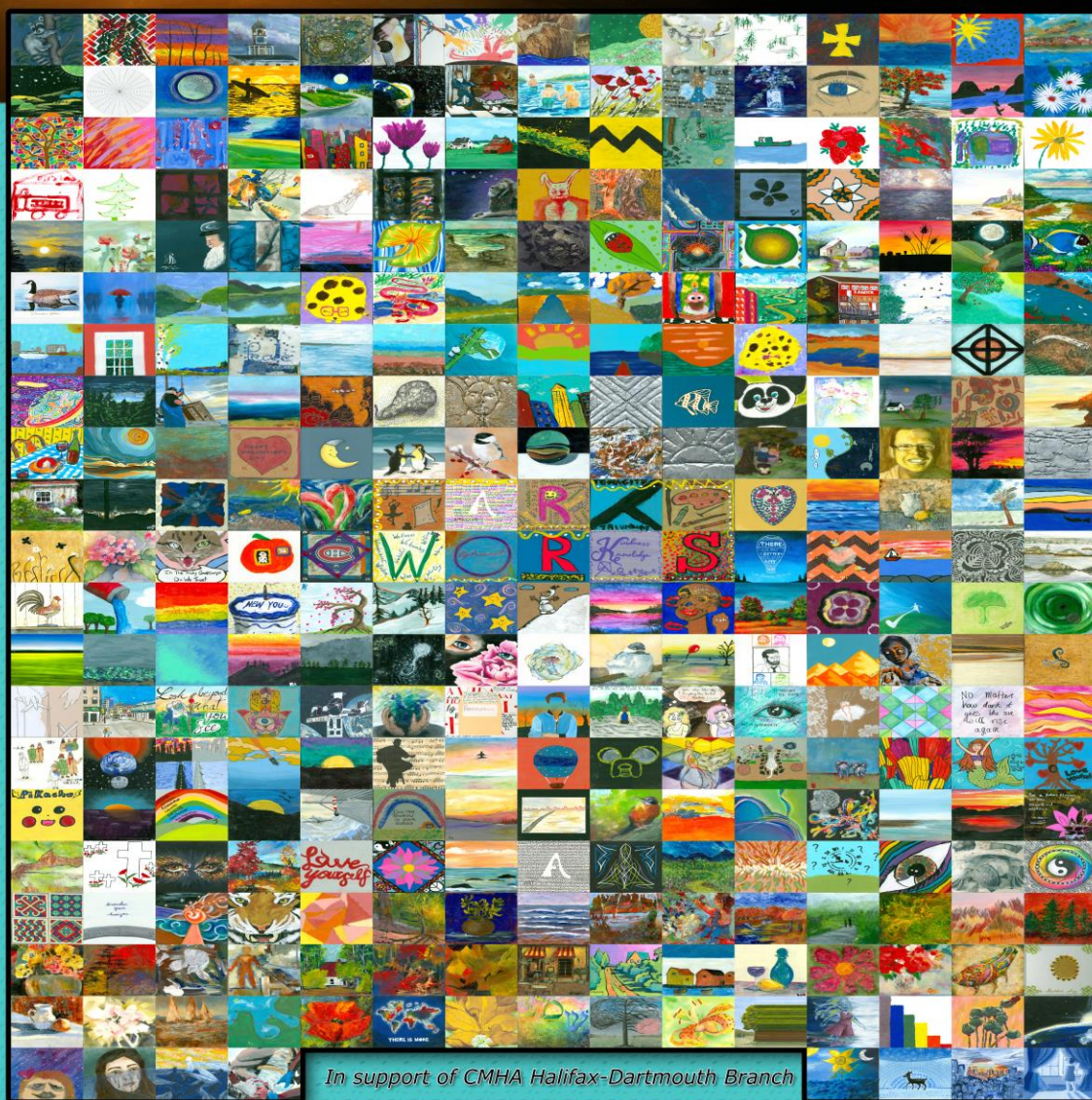
Branchini, C.	Doherty, Sarah	Harris, D. M.
Brimble, L. M.	Donahue, Molly	Hartlen, Monique
Brittin, Elsa	Dort, Valerie	Hartlen, Sophie
Brown, Margaret	Doull, Cathy	Hartlen, Monique
Brumwell, Gregory	Drover, Eric	Hartney, Georgina Giroud
Hatfield, Marilyn	LeBlanc, Bernadette	McFarlane, Adele
Hausman, Roberta	LeBrun, Coco	McLain, Maggie
Hayes, Laura	Lee, Lila	McLaughlin, Jessie
Hazlett, Matt	Leger, Dianna	McMullin, Amanda
Hennen, Leslie	Legere, Laura	McNeil, Yulin
Heubach, Merril	LePage, Sonja	Melanson, Paulette
Hickling, Jordan	Leverman, Tina	Menne, Kristin
Highfield, Hannah	Linders, Shelley	Merrick, Annaka
Hines, Mark	Liu, Olivia	Milios, Athena
Hines, Jane	Lohnes, Jean	Monic, Monic
Hines, Josephine	Lohrenz, Pat	Monk, Bailey
Hoganson, Lisa	Longard, Julie	Morine, Giselle
Homagai, Data Ram	Loveless, Courtney	Morine, Donnie and James
Hormer, Megan	Macdonald, Kate	Muise, Danielle
Humagain, Ran Prasad	Macdonald, Hillary	Murray, Allison
Humagain, Mohini	MacDonald, Donna	Nacheff, Marni
Humagain, Manorath	MacDonald, Carol	Nagle, Emily
Humagain, Kharna Khar	MacDonald, Katherine	Nairn, Sophie
Humber, Khloe Alyssa	MacDonald, Allan	Naugler, Brittany
Huston-England, Olivia	MacDonald, Joanne	Nealis, Logan
Huston-England, Claire	Machel, Teresa	Nearing, Michael
Huston-MacIsaac, Patti	MacIntosh, Judy	Nu, Haoming
Hyland, Emilie	MacIsaac, Angus	O'Brien, Connie
Jardine, Lauren A.	MacKay, Alexina	O'Connell, Violet
Jardine, Susan	MacLean, James	O'Neell, Shirley
Jeffers, Cheryl	MacLeod, Sondra	O'Regan, Barbara
Jenkins, Betty	MacLeod, Shirley	Occupational Therapy,
Johnson, Shelby	MacMullin, Rodney	Dalhousie
Jordan, Jennifer	MacNairn, Nancy	Ogilvie, Christi-Anne
Jowett, Judith	MacNeil, Annie	Okabayashi, Waka
Joyce, Anne	MacPherson, Sharon	Parker, Keira
Judah, Naomi	Maddalena, Evelyn	Peek, Jade
Karki, Dhan Prasad	Madden, Alice	Pelton, Laura
Karki, Deu Maya	Magar, Purna	Phillips, Roxanne
Keelty, Lori	Mahoney, Aura-Lee	Phinney, Karen R.
Kemp, Linda	Main, Alice	Poirier, Joey
Kennedy, Glen	Makogon, Evgenia	Polder, Sarisha
Kerr, Jennifer	Mann, Kirsten	Pomeroy, Liz
Kerr, Elizabeth	Manning, Wendy	Porter, Diane
Khazanavicius, Milena	Mapletoft, Angel	Pottyondy, Andrea
Kim, Jooeun	Martin, Melissa	Poudel, Lachhi Maya
Kirby, Heather	Martin, Margie	Power, Danielle
Komst, Sandi	Mason, Janis	Power, Adrienne
Konok, Lauren	Massoud, Youssef	Power, Zehava

Korabel, Taras	Mattatall, Claire	Price, Katie
Kyak-Monteith, Megan	McClellan, Jenna	Purdy, Brian
Lake, Jessica	McCloud, Bryan	Pyke, Heather
Lander, Dorothy	McDonald, Gillian	Quon, Anna
Ranaivo, Domino	Tamang, Dhan Bir	Swan, Lynn
Rangeley, Janet	Tan-MacNeill, Kim	Szabo , Emily
Rangeley, Sue	Tannahill, Krista	Subedi, Swarnadip
Redding, Amy	Taylor, Juanita	Surette-MacDonald, Eleanor
Rennie, Lillie	Tickner, Amanda	Taft, Noah
Rice, Courtney	Timmons, Fhinn	
Richard, Grace	Timmons, Catherine	
Richard, Lise	Tiwari, Gaurab	
Richardson, Mary Beth	Toth, Eva	
Rijal, Chaya Devi	Treimanis, Jordan	
Ritchie, C.	Underwood, Donna	
Ritchie, Joanne	Vanderzand, Natalie J.	
Roberts, Katie	Verge, Addisyn	
Robertson, V.	Verhoeven, Hennah	
Rossignol	Walji, Karim	
Rowe, Byron	Walsh, Allison	
Rubinfeld, Lindsay	Walsh, Susan	
Ryan, Gail	Ward, Alex	
Salisbury, Jean	Warren, Kelci	
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Shirke, Nanda	White, Wendell	
Shirke, Ajay	White, Clara	
Simpson, Lynne	Willhauet, Susan	
Sinnett, Madeleine	Woo, Stephanie	
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Sobhani, Mahnaz	Wright, Monika	
Sobhani, Noora	York, Marlene	
Somers, Gail P.	Young, Stephanie	
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Spurway, Neela		
Stanick, Pauline		
Steeves, Susan		
Stokes, Erika		
Stork, Alvin		
Stowe, Michael		
Subedi, Radhika		

HORIZONS

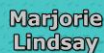


17th Annual Mosaic for Mental Health Art Exhibition & Sale



In support of CMHA Halifax-Dartmouth Branch

PLATINUM SPONSORS



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CONTRACTS/PROJECTS

FULL-TIME

Margaret Murray - *Branch Co- Manager/Program Coordinator Building Bridges*
Beverley Cadham - *Branch Co-Manager/Program Coordinator Among Friends Social Club*
Vanessa Smith - *Program Coordinator Sharing and Caring Social Club (Resigned October 2015)*

PART-TIME

Bob Ransom - *Social Support Activity Worker Sharing and Caring Social Club (until Oct) Coordinator October*
Barbara McDuff - *Communication Assistant*
Doug Rogers – *Social Support Activity Worker Sharing and Caring Social Club (Retired December 2015)*

CASUAL

Megan Neil - *Among Friends Social Club*
Mirranda Smith - *Sharing and Caring Social Club (Ended Dec 2015)*
Mike Doyle - *Sharing and Caring Social Club*

CONTRACT/PROJECT

Catherine Jobin – *Mosaic for Mental Health/Storefront Manager (May – December 2015)*
Brittany Naugler – *Program Facilitator, Among Friends Social Club & Creative Community Craft Drop-In*
Anne Muench - *Mosaic for Mental Health Assistant (ended January 2016)*
Susan Kilbride-Roper (*Empowerment Connection*) – *Sharing & Caring Social Club Assistant*
Marta Mahini- *Building Bridges (2 hrs/week ended fall 2015)*
Anna Quon – *Mindwriters Facilitator*
Tamar Ellis – *Program Survey data entry and report (Fall 2015)*
Robyn Badger – *Video Production – Creative Collaborative Communities and Mindwriters*

Hon William Chase (site cleaning); Kim Dowe (Building Bridges); Murray Sherman (Mosaic Poster Design)

CREATIVE COLLABORATIVE COMMUNITIES

(project ended November 2015)

Marta Mahini - *CCC Community Connector*
Brittany Naugler - *CCC Certified Recreation Therapist*
Dr. Fenton - *CCC Researcher*
Gerard McNeil - *CCC Creative Process Facilitator*

EXTERNAL BOOKKEEPING

Pam Young, SPD Accounting

MENTAL HEALTH FOR ALL COFFEE HOUSE Staff & Vol

Marta Mahini (ended fall 2015)
Mike Doyle
Hannah Langille
Alan Squire (Hon.) (ended winter 2016)
Shari-Lynn Hiltz (vol)
Sarah Carter (vol)
Anne Muench (vol)

PROJECT 50/60

Among Friends Social Club:

Fraser Ferguson
Peggy Maynes
Theresa Boudreau
David Hunter

Sharing and Caring Social Club:

Beverley Ruth
David Hardman
Mary Oickle
Sylvia Vitido
Elena Watts

Building Bridges

Bobby MacDonald

SUMMER STAFF 2015

Nik Harris - *Among Friends Social Club*
Kathleen O'Brien - *Building Bridges*
Hannah Langille - *Sharing and Caring Social Club*

ACADEMIC PLACEMENTS

Occupational Therapy Students

Cassandra LeBlanc
Kait Sullivan
Maggie McCann
Michelle Rouillard
Sophia Kemeh
Shane Borden

Nursing Students

Emilie Hyland
Nicki Woods

ACKNOWLEDGEMENTS

Volunteers & Supporters

Alexis Robertson
Allyn Boyes
Amanda Glenn
Amanda Swiniarski
Amy Moonshadow
Anne Marie Elderkin
April and Dayna Roberts
Atlantic Concrete Association
Autumn, Kierstyn, Rysen, Scott
Avis Faulkner
Barb Ransom
Bayer's Road Bowlarama
Bernie Schultz – Last House on the Block
Beta Sigma Phi XI Delta
Black Street Aces Group Hockey Group
Carol Blakney
Carol Mulcahey
Carolyn Price

Chelcie Soroka
Cheryl Leyten
Cheryl MacDonald
Christine Award
Christina Martin (hon
Church of the Holy Spirit
Commerce Students from Dalhousie University
Community Services - Staff collection
Connections Dartmouth
Dan Troke (Housing NS)
Dartmouth Community Health Board
Delta Master Beta Sigma Phi
Department of Health
Department of Justice – Corrections Department
Diane West
Don Clark
Don Mitchell
Don Roper

Donna and Pat
 Donna Hutchison (CCC Committee)
 Dooley's - Young St.
 Ed Lake
 Eric Hendsbee
 Erica Allanach
 Erin Cotie
 FEED Nova Scotia
 Gamma Master Chapter Beta Sigma Phi
 Hal and Edith Ritchie
 Halifax County Exhibition
 Halifax Mooseheads Hockey
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 Jenn Kilfoil
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 Joe Parker
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 Jordan Hirtle
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 Kathy Petite
 Katie Collier
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 Leslie Moldavan
 Lilly Lynch
 Linda Bayers (CCC Committee)
 Linda Randolph
 Linden Hardie
 Lisa Card
 Lord Nelson Hotel
 Lutheran Church of Our Saviour
 Madelyn Bell
 Maid Marion Chapter IODE
 Margaret Stuart
 Mary Lawson Chapter IODE
 Marilyn Welland
 Marissa West
 Maureen O'Connell
 Maureen Wheller
 Max Biswas

Micaela Chestney
 Michelle Towill
 Miriam Habib
 Mrs. Sullivan
 Murray Brown
 Murray Sherman
 Nadya El-Gohary
 Neptune Theater
 NSCC Graphic & Print Production Students
 Noor Youssef
 Olga Milosevich
 Our Lady of the Assumption Church
 Patti Adam
 Patricia Smith and Richard Smith
 Port Wallis United Church
 Ramzi Kavar
 Robert Nichols
 Roy Muise
 Ruth Rogers
 Scotiabank Portland Street Branch
 Sean Langille
 Sean MacKinnon
 Self Help Connection
 Shana Seymour
 Shawn Connors
 Shawn McEwen
 Sharon O'Connell
 Shelia Morrison
 Shopper's Drug Mart
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 St. John's Anglican Church
 St. Luke's Anglican Church ACW
 St. Peter's Catholic Church
 St. Thomas More Catholic Church CWL
 Steve Bornemann
 Susan Final
 Sue Fontaine
 Susan Henderson (CCC Committee)
 Susan Hutchinson
 Susan Kilbride Roper
 Susan Kilner
 Sylvia Anthony
 Ted Bent
 Tish Sachetti
 The Whites
 Tom Murray
 Universalist Unitarian Church
 Victoria Sutherland
 Wayne Richards
 Wayne Duncan
 William McDuff
 Woodlawn United Church - UCW
 Woodlawn United Church Miriam Unit



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Halifax-Dartmouth

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