



Canadian Mental
Health Association
Halifax-Dartmouth

ANNUAL REPORT 2018-19



A Year of High Notes

Canadian Mental Health Association **Halifax-Dartmouth Branch**

OUR VISION

Mentally healthy people in a healthy society.

COVER PHOTO CREDIT:

"Mystique" by Mosaic Artist Theresa Fillatre

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MESSAGE FROM THE CHAIR



In thinking about all that has happened in our 2018-19 year, this may be the year where we have accomplished the greatest amount of change while still being true to who we are. I truly believe the transition of CMHA Hal-Dart has begun and, if all continues as thought, we will look back in a few years noting this as the year that began our journey of transformation.

As a true testament to the commitment of our staff, we were able to offer new opportunities – the van, laughter yoga, the food bus, our community outreach program to name a few - to our members and to the greater community. Our Coffee House is one of the most popular programs we have that offers a safe space to sing, play, and dance and where everyone who enters the doors feels a sense of belonging.

We have continued to receive an outpouring of support from the community through the many different opportunities we have been given to showcase the contributions our organization makes to those who need it the most. Our clubs and the social connections made therein are the very fabric from which our organization is woven.

We wanted to provide more opportunities and connections between our members and the community as large. I believe everyone who knows us will agree that CMHA is just like the little train that could! We knew we could...and we did.

Respectfully submitted,

Erin Flaim - Chair, Board of Directors

MEET OUR BOARD & STAFF TEAM

2018-19 BOARD MEMBERS

Erin Flaim, Chair

Sean Ponnambalam, Vice-Chair

Chelcie Soroka, Secretary

Darryl Gaines, Treasurer

Robert Carter, ex-officio, Past Chair
emeritus

Kelly Castle, Member representative

Tiffany Chase, Member at large,
Communications lead

Nancy Cook, Member at large, HR lead

Cathy Anne Cornelius, Member
representative

Pauline Dakin, Member at large

Judith Fingard, Member at large

Hayden Laltoo, Past Chair

Carolyn Price, Member at large,
Chair, Mosaic Organizing committee

Juanna Ricketts, Member at large



2019-20 BOARD NOMINEES

Sean Ponnambalam, Chair

Chelcie Soroka, Vice-Chair

Debbie Garson, Secretary

Darryl Gaines, Treasurer

Erica Allanach, Member at large, Chair, Mosaic Organizing committee

Tiffany Chase, Member at large, Communications lead

Nancy Cook, Member at large, Human Resources lead

Pauline Dakin, Member at large

Erin Flaim, Past Chair

RJ Lasnier, Social Clubs representative

Amy Redding, Social Clubs representative

Juanna Ricketts, Member at large

FULL TIME STAFF

Beverley Cadham

Branch Co-Manager &
Social Clubs Manager

Margaret Murray

Branch Co-Manager &
Program Coordinator, Building Bridges



PART TIME/CASUAL STAFF

Hannah Bourret, Sharing and Caring Social Club
Program Assistant

Brianna Brunt, Among Friends Social Club Casual Program Assistant

Mike Doyle, Mental Health Community Coffee House Co-Facilitator & Sharing & Caring
Social Club Program Assistant

Tamar Ellis, Sharing and Caring Social Club Program Co-Facilitator

Heather Gifford, Storefront Office Assistant

Meaghan Goudey, Among Friends Program Facilitator (May 2018 to Dec 2018)

Nik Harris, Casual Program Assistant

Hannah Langille, Sharing & Caring Social Club Program Facilitator

Barbara McDuff, Communication & Storefront Assistant

Tish Sock-Sacchetti, Sharing and Caring Social Club Program & Mental Health
Community Coffee House Co-Facilitator

Nicole Sardinha, Among Friends Social Club Casual Worker (September 2018 to
February 2019)

Alanna Young, Casual Program Assistant

CONTRACT/PROJECT

Freya Kaiser-Derrick & Amanda Davis,
Project Coordinators - Social Clubs Access Initiative
for Clients Living with Mental illness or Mental
Health Problems

Anna Quon

Building Bridges, Reception

EXTERNAL BOOKKEEPING

Wendy Clements, WGS Bookkeeping Services

Garry Wilson, Project Coordinator - The Recovery
Horizons Project

Tamar Ellis, Project Coordinator - Community
Grocery Bus & Collaborative Kitchen Project

SUMMER STUDENTS

Hannah Bourret

Arianna Dirk

"OUR PATH OF HOPE" STRATEGIC PLAN

PROGRESS UPDATE

We have continually worked to achieve the goals and objectives outlined in our Strategic Plan, including the following:

- Improved the accountability of board and staff through regular reporting, communication and responsibilities;
- Implemented resource and grant tracking processes;
- Managed resources effectively to ensure we are properly staffed to deliver programs to our members;
- Proactively forecasted and planned for future programs and ensured that we have the ability to deliver the essential programs on time and within budget;
- Begun the process of updating job descriptions and roles to ensure they accurately reflect the employee's duties and responsibilities to meet the priorities and requirements of our organization; and,
- Increased member and stakeholder communications about our programs and services.

FINANCIAL SUSTAINABILITY

Our year started with the commitment to see our financial situation shift towards sustainability. This commitment was taken on by board and staff with great results.

Our donations are increasing, our members are getting involved in fundraising and we have established new partnerships.

We have been gifted with the continued support of the United Way, the Nova Scotia Health Authority, Mental Health Foundation and Nova Scotia Health and Wellness - their contributions provide the foundation from which we can offer our programs.

We received new grants to increase our programs and we know by the success of those programs that they are opportunities to continue into the future.

STRATEGIC PLAN UPDATE (CONTINUED)

EXPERIENTIAL OUTINGS PROGRAM

Thanks to HRM's capital grant contribution, we were able to work with Portland Street Honda to purchase a new van. This investment enables our members to get out and explore our community and the province - something that is not easily accessible to all.

These outings have brought our members to a variety of locations, encouraging interactions with the community at large.

This not only expands the experiences of our members, it also helps to decrease the stigma others have about those in our community living with mental illness.



LOOKING FORWARD TO 2020-21

With a strong board of directors, a new chair, our strengthened foundation of funding, and the support of our partners, the next year will include but is not limited to the following goals:

- Improving our connection with CMHA Nova Scotia Division through new opportunities including the Art of Friendship and other nationally-based programs and services;
- Creating a second signature event to further support the development of new programs and services to meet increasing community needs;
- New website and promotional materials to tell our member's stories;
- Increased tracking and reporting on outcomes and grant performance;
- Improved donor relationships;
- Greater support to staff including the implementation of a resource plan and continued policy improvements; and,
- Renewed membership application process.

FUNDRAISING COMMITTEE

"Fundraising is the gentle art of teaching the joy of giving." - Hank Russo

There are three areas of focus for our fundraising – donations, events and partnerships.

Donations

The idea of increasing our donations was something we thought was a dream. And it has become a dream come true as we have been able to increase donations by sharing our story and helping to show what giving to our organization means.

Events and Opportunities

Mosaic for Mental Health has traditionally been our signature fundraising event. The organization has begun to build out other events and opportunities to increase the funds raised, including:

- Strike out Stigma bowl-a-thon;
- Annual house concert and auction;
- Mental Health Week gift basket;
- Halifax Forum Farmer's Market Mosaic display & sales;
- Selling our Mental Health Notes at the campus bookstore for NSCC and King's College; and,
- Increased operation of our storefront.

Partnerships

Thanks to the interest and commitment of other community members, there have been a number of third-party fundraisers. These are individuals and groups who are committed to the work we do and demonstrate their support by hosting events on our behalf. We are ever grateful for the contributions these bring.

-CMHA Fundraising Committee



ANNUAL FUNDRAISER MOSAIC FOR MENTAL HEALTH

This year was a celebratory year for us as we marked our 20th Mosaic for Mental Health anniversary. Our theme was “Celebrating Art and Community”, and the support we received was a true showing of the power of community. To celebrate the event's history, we had a display case featuring posters and artwork from past events.

We were pleased to have Kelly Linehan from CTV Atlantic as our host, and Juanna Ricketts and Tish Sachetti as guest speakers. Musical entertainment was provided by Larry Williams and Stick & Slide.

Our total 2018 Mosaic revenue was over \$65,000, including storefront and special sales. We received \$37,625 in cash sponsorship and total sales during our art exhibition and sale were just over \$24,000. Our in-kind sponsorship totalled \$10,575. Thanks to anonymous donors our opening night sales were matched to \$5000, and our Nocturne evening was matched to \$1000.

We had a record-breaking number of art works submitted this year with 914 submissions from 420 artists.

In line with our theme of “Celebrating Art and Community”, we were able to support two local social enterprises. Tote bags to mark our 20th year were designed by co-chair Erica Allanach and made by the Prescott Group, and some of our small frames were made by LakeCity Woodworkers.

Thanks to our artists, sponsors, donors, patrons, Mosaic Organizing Committee, office staff and volunteers for another successful year!

Respectfully submitted by:

Erica Allanach and Carolyn Price,
Mosaic Organizing Committee Co-chairs 2018

MOSAIC ORGANIZING COMMITTEE

Erica Allanach (Co-Chair), Jude Caborn, Bev Cadham, Judith Fingard, Barb McDuff, Marg Murray, Amy Moonshadow (up to Dec 2018), and Carolyn Price (Co-Chair).





*"Art washes away from the soul
the dust of everyday life." - Picasso*



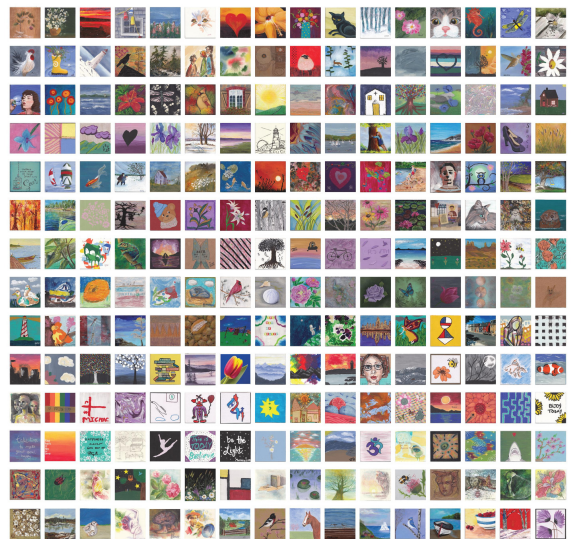
For a list of the 20th Annual Mosaic Artists
visit our website at <https://cmhahaldart.ca>



Canadian Mental
Health Association
Halifax-Dartmouth
Mental health for all

20th Annual Mosaic for Mental Health Art Exhibition and Sale Celebrating Art & Community

October 11 – 28, 2018



*Special thanks to our 2018 Sponsors, Donors,
Mosaic Artists, Patrons & Volunteers*

DIAMOND



PLATINUM

Judith Fingard in memory of Michael | Building Bridges Volunteer



GOLD

Cliff & Jill Langin | Marjorie Lindsay | Marilyn Welland



SILVER



CRYSTAL

John Rutherford
Hatter & Associates
INSURANCE



PEWTER



FRIENDS OF MOSAIC

Carolyn Price | Lois Price | Marcell Symonds | Erica Allanach

STAFF REPORT

Over the past year, CMHA Halifax-Dartmouth Branch continued its grassroots work in the community, offering social programs for adults living with mental illness and mental health problems, and focusing on resilience, recovery and well-being. We are a diverse community of people who believe in working to achieve CMHA's vision of "mentally healthy people in a healthy society".

A few highlights included purchasing a new van; having opportunities to enjoy bus trips and special events; learning that our Sharing and Caring Program Facilitator, Hannah Langille, had a baby girl; Juanna Ricketts winning the *Let's Keep Talking Outstanding Individual Award*; helping to organize a Mental Health Forum; 3rd Annual New Year's Dinner and Dance Celebration at Dartmouth Senior Services Centre (DSSC); our successful 20th Annual Mosaic for Mental Health; and, the revitalization of our storefront. We feel fortunate to have so many community volunteers, program members, staff, donors, funders and patrons who believe in our work. If you have not had a chance yet, visit our social media pages (@CMHAHalDart) and you will see the energy and passion of everyone involved with our organization.

Members of our community do face challenges and barriers, including social exclusion and isolation; marginalization; stigma; gaining acceptance for invisible disabilities; accessing appropriate and timely mental health and primary health care; housing and food insecurity; and, social transportation concerns.

CMHA National released a paper in 2018, *Mental Health in the Balance: Ending the Health Care Disparity in Canada*, which calls for new legislation to address unmet mental health needs. Our decentralized CMHA family (National, Divisions, Branches) continues to work to strengthen our collective impact. We also collaborate with our community partners to address the gaps in mental health care and the social determinants of health.

As you read the rest of our Annual Report, you will understand why it is impossible to thank everyone on one page. We are grateful for the members, staff and volunteers who have come through our doors. We do have our share of goodbyes, as people move on to new jobs (Freya Kaiser-Derrick, Meaghan Goudey, Alanna Young, and Nik Harris), pursue higher education (Tamar Ellis and Hannah Bourret) and retire (Barb McDuff). Hayden Laltoo, Judith Fingard, Carolyn Price, Kelly Gaul and Cathy Cornelius will be leaving our Board of Directors. Judith and Carolyn will continue to volunteer with our organization and Kelly and Cathy will remain active members of the Social Clubs Program. We have an incredible board and we want to thank all of them for their leadership and support during the past year.

-Beverley Cadham & Margaret Murray, Co-Branch Managers, CMHA Halifax-Dartmouth

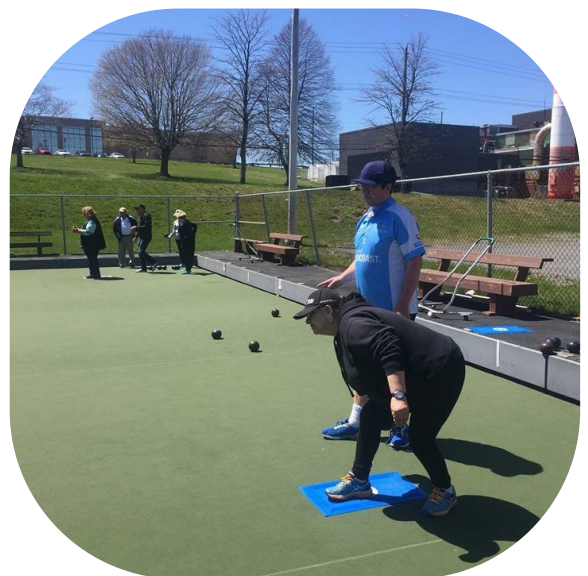
SOCIAL PROGRAMS & INITIATIVES

CMHA Halifax-Dartmouth Branch provides a variety of social clubs, programs and initiatives to support the 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.

SOCIAL CLUBS PROGRAMS

The Among Friends Social Club and the Sharing and Caring Social Club provide a common need to adults experiencing mental illness and mental health problems through access to programs that offer vital social support programming including activities aimed at community inclusion, creativity, recreation and leisure.

The benefits of the programs include: its ability to foster a supportive family-like atmosphere, social inclusion, access to activities and sense of belonging. Individual benefits of program participants include: resiliency, self esteem, diversity, sense of belonging, ability to help one another and provide support because of their shared and/or similar lived experience.



AMONG FRIENDS SOCIAL CLUB



This year marks the second year that Among Friends Social Club has been located at the DSSC. Members appreciate having a stable home base for the club as well as one that is bright, accessible, spacious and well-maintained. It truly offers all the comforts of home.

The average Among Friends daily drop in was 12 to 15 members, with a total of 120 members who accessed the program during the year. There are 24 members who have dual memberships with the Among Friends and Sharing and Caring Social Clubs Program, and this year we were pleased to welcome 15 new members to Among Friends.

This year we had the opportunity to work with new volunteers. The volunteers have enhanced our programs by sharing their skills in the areas of creative expression and alternative wellness practices. Alesia Komarnisky facilitated two laughter yoga sessions and Margaret Danke offered open art sessions twice a month. These programs have been a great addition to Among Friends as they have provided members with the chance to be creative and explore complimentary practices for maintaining their health and wellness.

The Among Friends Social Club and the Sharing and Caring Social Club have enjoyed several combined activities this year, including: a Mooseheads Game, Halifax Royal International Tattoo, Hatfield Farms, apple picking in the valley and Oaklawn Farm Zoo. Members also helped secure pledges for the Annual Strike Out Stigma Bowl-a-thon fundraiser, which was a great success and lots of fun! In addition to the club activities, members attended the following mental health events: The Mental Health Coalition of Nova Scotia Mental Health Forum at the Atlantica Hotel, Mental Health Foundation of Nova Scotia - Let's Keep Talking event at the Spatz Theater with Steven Page, and Neptune Theatre's production, The Bridge.

During the year members had the chance to expand their knowledge base, acquire new skills and develop new recreational interests, which enhanced their personal health and well-being. The programs and activities members took part in included an eight-week cooking program at Sobeys Wyse Road. Throughout the program, members learned about nutrition, grocery shopping on a limited budget, preparing healthy meals and meals to accommodate dietary restrictions, as well as learning basic food handling and proper food storage techniques. Members attended a presentation from 211, visited the Halifax Farmers Market, attended the FEED Nova Scotia open house, participated in an eight-week workshop called Creating your B.A.L.A.N.C.E, attended an Employment Support Income Assistance presentation, and visited Fisherman's Cove, the Buskers, and the Jazz Fest on the Halifax Boardwalk. Members also had a chance to try lawn bowling for the first time thanks to the members of the Dartmouth Lawn Bowling Club.

SHARING AND CARING SOCIAL CLUB

The past year has been both memorable and eventful for the Sharing and Caring club at the CMHA Halifax-Dartmouth branch. In 2018-19, an average of 15 people attended our programming every day and a total of 130 members participated during the year. Throughout the year, the Sharing and Caring club put forth a variety of recreational activities, events, and initiatives to promote mental health and support the well-being of our members and the community at large.

This year we placed a focus on collaborating with members of our social program and the community to plan meaningful activities and events (see previous report for details). Our members also participated in several educational events and activities that were held both in the club as well as in the community. The Sharing and Caring club attended the Grand Opening of the new FEED Nova Scotia facility and later in the year they did a tour of the facility to learn about volunteer opportunities. Other presentations attended by members included an Employment Support & Income Assistance presentation and the BLOOM Pharmacy program.

Our club members also participated in a six-month long grocery bus project in partnership with the DSSC and the Schizophrenia Society of Nova Scotia, aimed at promoting social transportation and buying on a budget. The Grocery Bus project also incorporated cooking classes, learning about nutrition, and members helped produce a cookbook to share with the community. Our members participated in all of these events with enthusiasm and an eagerness to learn.

In closing, we would like to thank the CMHA Halifax-Dartmouth board of directors, staff, volunteers, Project 50's, members, and the many individuals, organizations, businesses, and groups who support the Among Friends and Sharing and Caring Social Clubs throughout the year.

- **Beverley Cadham, Branch Co-Manager & Social Clubs Manager**



BUILDING BRIDGES PROGRAM REPORT

"Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend" - A. Camus

Many marginalized adults living with mental illness are experiencing severe social exclusion because they have no social network or connection with people outside the mental health and social services systems. Building Bridges is an informal social support program for socially isolated and lonely adults living with moderate to severe mental illness who face barriers accessing other social programs. Building Bridges offers one-to-one pairing with screened, community volunteers to share common interests, as well as in small group settings. It provides informal peer support and a bridge to other group activities in our organization and the community.

Our CMHA "Framework for Support, Personal Resource Base" forms the basis for the Building Bridges Program, which works toward helping people live fulfilling lives in the community. Outcomes over the years have included: engagement and social trust; social inclusion and a sense of belonging; positive sense of self; more purpose and meaning in life; connecting to be heard; feeling empowered; and, having more control in one's life. We are grateful for grants from United Way Halifax, Department of Community Services, and our organization's donors and fundraising initiatives, which keep this valuable program in our community.

Thank you to our staff, volunteers and members who create such a caring and welcoming environment. This program is often an entry point for volunteerism to help in other areas of our organization and the wider community. A special thank you to Juanna Ricketts for her countless presentations on behalf of United Way Halifax, sharing the impact of Building Bridges and our other programs, on her recovery journey. We also welcomed back alumni volunteer Roy Muike this past year. Roy started volunteering with Building Bridges in 1992 and now, in his retirement, is helping to revitalize our storefront.

During the past year, 59 program members benefited from approximately 4,800 hours of programming through Building Bridges at various stages.

I began working for CMHA in 1989. I committed to stay for three years and it turned into three decades. I am grateful for the amazing people I have shared time with, in this organization, over the past 30 years.

- Margaret Murray, Branch Co-Manager/Building Bridges Coordinator



MENTAL HEALTH COMMUNITY COFFEE HOUSE REPORT

Questions about the start date for our 8th season of our Mental Health Community Coffee House began during the Grand Finale in June 2018. Thanks to a 2018-19 grant from the Mental Health Foundation of Nova Scotia and donations from the Halifax Kin Club, our Coffee House has been going strong again since September. Member and community involvement increased this year with weekly participation ranging from 25 to 80 and more than 1,900 visits.

Long-time volunteer, Tish Sock-Sochetti, now shares the Coffee House Facilitator role with Mike Doyle, assisted by Bri Brunt, as well as dedicated volunteers and musicians. Sarah Carter has volunteered with the Coffee House since we moved to 2020 Gottingen Street five years ago. Larry Williams continued his role as “Open Mic” guitarist assisted by Marlene Young, keeping all our performers organized.

The Mental Health Community Coffee House objectives include providing a socially inclusive and inviting venue for everyone, including people living with mental illness and mental health problems; offering free social and cultural events for marginalized individuals; an opportunity for musicians, singers and songwriters to share their talents; helping to end loneliness, social exclusion and stigma; filling a weekend programming gap, and an opportunity to learn about resources in the mental health community and the contribution of the Mental Health Foundation of Nova Scotia.

This initiative continues to help to change the way people think about mental health and mental illness, through sharing a love of music and experiencing a caring community. When the season wraps up in late June, we will bridge the gap until the beginning of the 9th season with a weekday Summer Jam.

Thank you to everyone who plays a part in making our Mental Health Community Coffee House the place to be, on Saturday afternoons, from September to June. Keep on singing!





"The meaning of life is to find
your gift. The purpose of life is
to give it away."

- William Shakespeare



CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH
Statement of Financial Position
March 31, 2019

	2019	2018
ASSETS		
CURRENT		
Cash	\$ 27,990	\$ 43,940
Marketable securities	-	3,981
Accounts receivable	4,258	76,045
Inventory	3,030	1,284
Harmonized sales tax recoverable	3,013	1,863
	<u>\$ 38,291</u>	<u>\$ 127,113</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities	\$ 6,373	\$ 7,181
Employee deductions payable	6,667	4,422
Deferred revenue	-	98,944
	<u>13,040</u>	<u>110,547</u>
NET ASSETS	<u>25,251</u>	<u>16,566</u>
	<u>\$ 38,291</u>	<u>\$ 127,113</u>

CANADIAN MENTAL HEALTH ASSOCIATION-HALIFAX/DARTMOUTH BRANCH

Statement of Revenues and Expenditures

Year Ended March 31, 2019

	2019	2018
REVENUES		
Donations, fundraising and other	\$ 112,990	\$ 119,768
United Way	96,823	95,600
Social Clubs Access Project	45,000	
NSHA Central Zone	40,000	40,000
Collaborative Kitchen and Grocery Bus Project	32,720	-
Nova Scotia Department of Health and Wellness	29,000	10,000
Other grants	28,644	-
NSHA Central Zone - Among Friends Social Club	26,000	26,000
Department of Community Services - Building Bridges	21,000	21,000
Provincial and Federal Student Career Skills Grants	8,590	11,422
Mental Health Foundation of Nova Scotia	8,400	8,000
	449,167	331,790
EXPENDITURES		
Fundraising	7,236	7,458
General and administrative	18,057	8,471
Honorariums	6,826	8,984
Insurance	2,272	2,472
Interest and bank charges	5,074	4,376
Occupancy	31,236	29,367
Professional fees	14,372	14,833
Program centres	36,382	20,949
Project management	-	1,814
Salaries and wages	269,855	214,951
Telephone	6,818	6,575
Travel	8,214	3,797
Vehicle	34,140	-
	440,482	324,047
EXCESS OF REVENUES OVER EXPENDITURES	\$ 8,685	\$ 7,743

VOLUNTEERS & ACKNOWLEDGEMENTS

Mental Health Community Coffee House Musicians

Mike Doyle, Larry Williams, Rowan Ayers, Clint Sock, Gizelle deGuzman, Tish Sock-Sochetti, Rita Jane Langevin, Alan McGrath, Beverly and Gino, ROCK NOVA from Connections Halifax, Keelan Black, Joel Sampson, Shane Moore, Stick and Slide - Marcell Symonds & Todd Smith, The Comeback Band - Mark DeWolfe & Wayne McIntyre, Keith Adams, and the "OPEN MIC" Performers! Special thanks to Sunwen Metler who performed her original music that won the TD Showcase in Toronto. Sunwen designated CMHA Halifax-Dartmouth Branch as the charity to receive the TD Donation!

House Concert Fundraiser June 2018 (Organized by Carolyn Price)

Special thanks to: Doug Taylor (Codapop Studios), Owen Caldwell (WITF Marketing), Denise MacMillan-Meshcheryakov, Kyle Boudreau and Sam Najjir (the musicians), Lachlan Brown (the magician), June Jollymore (guest speaker), Jason Jenkyns, Sue Murray, Nancy Cook, Pam Richardson, Marcell Symonds, Floyd Caldwell, and Becky MacKinnon. **Sponsors:** GroundSwell, thirty-one independent director, Don Schelew, WITF Marketing, Adams Photography, Newcap Radio, Seven Bays Boulderling, Lachlan the Magician.

Project 50/60

Fraser Ferguson, Peggy Maynes, Theresa Boudreau, Ralph Corbin, Beverley Ruth, Josephine Hines, David Hardman, Kevin Publicover, and Sylvia Vidito.

Honourarium

William Chase, cleaning.

Student Placements

Citadel High School Cooperative Education Program - 1 student

Dalhousie University:

School of Nursing – Tingting Zhu and Devon Pye

School of Occupational Therapy – Mirna Gerges, Anna Smith, Alyssa Gillam and Brandon Snow

School of Social Work – Amanda Davis

Department of Political Science - Sydni Kuczeryk

JL Ilsley High School Cooperative Education Program – 1 student

NSCC Kings County Campus – Alyssa Rogers

NSCC Truro Campus – Kayla MacDonald

SMU Service-Learning Program Scholl Of Psychology – Isaac Cormier

Mosaic for Mental Health

A special thank you to The Craig Gallery who allow us to host this event at their lovely gallery each year, the Mosaic Committee, and tireless volunteers and generous artists and donors.

VOLUNTEER RECOGNITION

Presentations & Workshops

Arthritis Society of Nova Scotia

Employment Support and Income Assistance Department of Community Services -

Executive Director Brandon Grant

Laughter Yoga – Alesia Komarnisky

Medicine Shoppe Pharmacy #262 – Jamie Flynn & Pharmacy Students

Peoples' Counselling Clinic – Creating Your B.A.L.A.N.C.E – Neal Henderson

Mosaic Art & Craft Workshop – Cheryl MacDonald

Volunteers

Alex Hare

Amanda

Amber Rethman

Amy Moonshadow

Amy Tennanbaum

Anna Quon

Ariana Dlrk

Barbara Musgrave

Beta Sigma Phi

Carol Terry

Carol Mulcahey

Cathy Cusack

Cheryl Leyten (Alum)

Cheryl MacDonald

Christina Martin (Alum)

Chris McWilliam

Claudia Robichaud

Colin Smith

Dartmouth Lawn Bowling Club

David Gallaway

Day of Caring Volunteers

Debi Noye

Diane West

Don Clark

Don Mitchell

Edith Ritchie

Emily Brown

Emily Vallis

Erica Allanach

Erin Cotie

Erin McEntee

Freya Kaiser-Derrick

Heather Gifford

Isaac Cormier

Janine Macgillivray

Jeff Thompson

Joel Maxwell (Hon.)

Joy Smith

Jude Caborn

Kathleen Curly

Kathryn Stone

Kim Dowe

Halifax Kin Club

Hal Ritchie

Isaac Cormier

Kelsey Kennedy

Leah Ellis

Linden Hardie (Alum)

Liz Pomeroy

Marcell Symonds

Margaret Denike

Marie Nason

Marissa West

Marlene Young

Mary Lawson IODE

Matthew Frenette

Maureen O'Connell

Meghan Scott

Michelle Towill

Morgan King

Murray Brown

Nancy Duggan

Nicklas Gosling

Norma Fraser

Our Lady of the Assumption

Church

Roy Muise

Ruth Rogers

Sarah Carter

Sarah Coley

Scott Stephen

Serge Lachapelle

Shawn McEwen

Shelia Morrison

Shawn Langille

Steve Bornemann

Stephanie Quirk

St. Luke ACW

St. Andrew's Presbyterian

Church Atlantic Mission Society

Saint Thomas More Parish

Catholic Women's League

Susan Kilbride-Roper

Susan Raymond

Suzanne Turner

Sydni Kuczeryk

Sylvia Anthony

Church of the Holy Spirit

Tylor McDuff

Yevonne Le Lacheur

Zaynab Khan

Wayne Duncan

William McDuff

Vali & Bill Moore

CLOSING REMARKS

THANK YOU!

"Don't be ashamed of your story, it will inspire others." - Unknown

There is nothing more true than this. Not only have I had the pleasure of watching others share their story and inspire others, I have heard the many stories of our members and I have been inspired...over and over.

As I complete my tenure here as Chair, I look back with a tremendous sense of awe of how the organization has grown, the board has developed and how our staff have shown their commitment time and time again.

I am grateful to have been a part of this organization during these years and I do look forward to seeing how well it continues to grow to meet the increasing needs of our community.

My wish for all of you, is that you can find a way to openly talk about mental health, to share your connection to the organization and be inspired by others while also inspiring the many who need to know they are not alone.



Erin Flaim
Chair, Board of Directors

FUNDING PARTNERS



United Way
Halifax



Mental & Health
Foundation
of Nova Scotia



**Canadian Mental
Health Association**
Halifax-Dartmouth

Contact Us:

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