

REFLECTING ON ANOTHER YEAR

DECEMBER SPECIAL



CMHA IN 2018

Looking back on another year, we almost can't believe that we are saying goodbye to 2018 and looking ahead to 2019. But before we can do that, we want to take a moment to acknowledge the highlights of 2018. It was definitely a year of change for CMHA Saskatoon. From November 2017 to April 2018, the staff worked amid heavy renovations, trying our best to serve clients and the community despite dust and the hum of construction. We were finally able to open our doors again in April, and show off our new space. If you weren't able to see the before - consider yourself lucky!

In June, we welcomed a new Executive Director to our team, Faith Bodnar. Faith has brought renewed energy and commitment to CMHA and mental health in our community.

We were able to send three staff and one board member to the CMHA National Conference in Montreal this October. Staff returned with valuable information on upcoming research in the field of mental health promotion and prevention, as well as hands on tools that we are excited to use in 2019.

We certified over 185 individuals in Mental Health First Aid, provided mental health education in 44 workplaces, completed two Life Skills programs, and served over 100 clients in our Vocational Counselling Program. In addition, our wonderful volunteers contributed 174 hours to programming.

Congratulations to Brenda Beaudry, Vocational Counselor and Mental Health Educator who celebrated 25 years of service with our CMHA Saskatoon Branch.

Other highlights this year include the addition of underground sprinklers (you may not think this is a big deal, but it is to us!), running our RISE program for the 3rd year in a row, our 2nd annual Rockin' for the Noggin' concert, and participating in the United Way's Day of Caring.

RISE

RISE stands for Resilience, Information, Support and Empathy. We have had the fortune of running this unique mental health education program at Bedford Road Collegiate. Each year we are able to customize the program to the students we teach, and each year we are amazed at the insight and understanding youth have regarding mental health. We can't wait to get started on our 2019 curriculum.

ROCKIN' FOR THE NOGGIN'

2018 marked our 2nd annual concert in partnership with the Kinsmen Club of Saskatoon. All proceeds go directly to CMHA Saskatoon to support our community. We have already started brainstorming for our 2019 concert so stay tuned for announcements!